The Thunderword

The voice of the students

Volume 37, Issue 11 | Highline Community College | December 4, 1997

Students need to sleep more.
See *page 6*

Men drop the ball on road.
See *page 8*

Music instructor jazzes up life.
See *page 10*

Index

Arts.....pages 10. 11
Campus Life..pages 2, 3
Get Out.....page 11
HSG.....pullout section
Itchin'.....page 9
Lisa's World.....HSG 7
News.....pages 6, 7, 12
Opinion.....pages 4, 5
Sports.....pages 8, 9
Wild Side.....page 4

> "Minds are like parachutes. They only function when they are open.
> --Sir James Dewar"

Doin' the Midway mambo

Photo by Bruce Jarrell

Students seek shuttle

By Michael Stampalia
Staff Reporter

Next year students may be able to take the shuttle to campus from the Midway Drive-In parking lot.

Highline student Sue Stroppa has introduced a proposal that would provide a shuttle for students parking at Midway during peak hours.

"I really don't like crossing Pacific Highway. When I went to the University of Nevada Las Vegas they had a shuttle for night classes, " Stroppa said.

Highline Community College has approximately 1,690 parking spaces on campus (including student, staff, motorcycle, carpool, disabled and police parking), much less than is needed for the approximately 2,864 people who have purchased parking permits, according to the proposal.

Many students must park in the Midway parking lot, which the school leases for use as overflow parking. They must cross the busy intersection of Pacific Highway and 240th to reach the Highline campus.

To facilitate the annual costs of the driver, gas, insurance and maintenance Stroppa suggests raising the cost of parking permits from the current price of $8 to $10 raising approximately $5,728 per

See *Midway*, page 12

Part-time load leaves many concerned

By Alyssa Pfau
Staff Reporter

Faculty and staff at Highline think students should be concerned about the increasing numbers of part-time instructors, and the effect that these numbers are having on the overall quality of education provided here.

However, a recent survey revealed that about 70 percent of Highline students are unaware of the large number of part-time faculty on campus.

"I don't think it matters if the teacher is part or full time," student Dan Gundher said.

Part-time anthropology teacher Rick Reanier said that students should care. Part-time instructors are not paid to stay on campus so they don't, they also receive very little for their time developing course work, he said.

Part-time geography instructor Chip Dodd said that Reanier's concerns underscore what he sees as a low level of compensation for part-time instructors.

"Less time is invested by part-time instructors because of the low level of compensation," Dodd said. He added that because part-time instructors are paid very little for time outside of class, it is difficult for them to justify spending extra time with students, grading papers, and developing course work.

Bermingham

Approximately 67 percent of Highline faculty are part-time; however, only about 43 percent of the courses offered this fall are taught by a part-time instructor.

Jack Bermingham, vice president of academic affairs, said that one of the challenges of hiring more full-time instructors is to make sure there is a full-time teaching load available. Enrollment is predominantly higher in the fall, decreasing throughout the year, said Bermingham.

To hire more full-time faculty three things need to happen, Bermingham said. The college has to be committed to having more full-time faculty; it needs

See *Part-time*, page 12

Students propose general tech fee

By Nathan Golden
Staff Reporter

A new student proposal suggests that all Highline students pay $5 per quarter for "unlimited" access to the computer labs.

Highline student Jerry Davis began his proposal as an ethics paper for his Principles of Computer Information Systems (C.I.S.) class, but it has now escalated to something much bigger than an assigned project.

Davis

Davis said his idea of a $5 "blanket approach" is a win-win situation.

"The bottom line is that the students would save money and the school would make money," his proposal said.

The proposal suggests each Highline student should pay $5 when they register for classes, making it a "one stop gets all" approach, and offers all students access to the computer lab.

Currently, only students who have paid the $24.50 computer lab fee are able to use the computers.

But this rule is not always followed, or reinforced.

"I've been in there for five quarters now and never been asked once," Davis said.

Vice President of Administration Paul Gerhardt Jr. agrees that students don't follow the rules.

"Students use the computer lab anyway, even though they have not paid the fee," said Gerhardt.

Davis said his proposal might increase the flow of students to

See *Computer*, page 12

Survivng the Holidays

A special magazine section inside today's Thunderword!

Interactive Media trying to reboot

By Christi Croft
Staff Reporter

Highline is looking for aspiring students of every age to join the Interactive Media Program.

"We definitely need more students," said Terryl Ross, program coordinator.

Since the program is only 1 year old, not many students know what courses and job opportunities are involved.

According to Ross, last year the program enrolled approximately 20-30 students, and by the end of that year, only 5-10 students remained.

Ross said that the reason for the drop in enrollment was because the program wasn't quite up to speed.

"Most of the students who we attracted last year found that this program was not for them," said Ross, who was named to head the program late last summer.

This year, Highline again has about 20-30 students enrolled for the two-year certificate.

"The number we would like to see is 60-120 students in the program," Ross said.

"The program is experiencing what I like to call 'growing pains.' We learn more and more as we go along," he said.

Interactive Media offers students knowledge in text, computer images, sound, video, and animation. Students can earn a two-year associate of applied science degree, or a one-year certificate of completion.

Ross

Geoff Wennes, one of the instructors, said that it is especially good to take this program in the state of Washington because Seattle is a hot-spot for multimedia jobs.

"Many companies, including Microsoft, have a high demand for multimedia prospects. The needs for people who specialize in multimedia are on a rise," said Wennes.

Wennes said because the program is so new, it hasn't graduated any students yet. Bellevue Community College has a similar program, and they have placed most of their students in jobs immediately.

Landgraf

Ross said the ideal student for the program would be one who likes to work with others, but also has a sense of independence.

"This program deals with a lot more than just working on computers. It requires students to be comfortable working with others," Ross said.

"Students who enroll should be creative, and be willing to explore new technologies," he said.

Wennes also said that students who are outgoing and have computer skills, and/or are interested in photography or art should check the program out.

An ASSET test score of 45 or Math 97 is a prerequisite. Speech 100 and Writing 101 are also required.

Journalism, business, and art are just some of the wide range of classes included in the program.

Ross said the Interactive Media Program is still being written.

"Right now, we're in the process of coming up with a more

See *IMP*, page 7

Reed hopes his misfortune is an example

By William Randall
Staff Reporter

Raven Reed has contracted HIV and he doesn't want to see the same thing happen to you.

He spoke at Highline on Monday in Building 8 for World AIDS Day and Highline's AIDS Awareness Day.

Reed was in his mid-30s when he contracted the disease, but he feels emphatic about young people who might catch HIV with their whole lives in front of them. After people get the disease, it is a lifetime job to live day-to-day, Reed said.

The medications produce side effects that are incredibly hard to live with. Then the challenge is a lifestyle that successfully fights and lives with the disease, he said.

"The real challenge in life is to stay alive, keep healthy, and keep a positive attitude," Reed said.

Reed attended Northwest Nazarene College in Nampa, Idaho. He earned a bachelor's degree in music and later attended Lane Community College in Eugene, Ore. to obtain a certificate in accounting and office procedures.

Photo by Bruce Jarrell

Fonzie Garza, Raven Reed, Nelson Crisanto and Paul Gerhardt look at brochures to promote World AIDS Day.

"I was the first black man to graduate from Northwest Nazarene College," Reed said.

Despite his otherwise normal life, Reed contracted the virus that causes AIDS.

"There is no stereotype to who gets AIDS," he said.

"I'm a person who is educated, and I do not sleep around. I'm a reserved person who contracted AIDS by being assaulted," Reed said.

"From that point on, it changed my life drastically. When I contracted HIV, my energy began to go down, and it put such a stress on my body that I could not play with the same intensity and ferocity because HIV caused great fatigue in my body," he said.

"I was laid off my job and ended up on disability. This caused me to lose my identity because I had always been dedicated to my work and my accomplishments. Now, I can no longer do those things, so I had to go through self re-evaluation," Reed said.

Today, Reed says he doesn't do very much, but others might not agree with him. He is currently on the King County AIDS Planning Council. He attends six to eight Planning Council meetings per month.

Also, Reed is the co-chairman of the Managed Care Subcommittee for the council. He does public speaking for the King County Health Department and Health Information Network. And, he speaks for various agencies five to eight times a month. He also speaks for the Northwest AIDS Foundation and Planned Parenthood.

Reed would like to leave a message for the students at Highline, other colleges, and youth everywhere.

"Just think, one moment of passion and pleasure is not worth sacrificing the rest of your life," he said.

Finals Week Schedule

TUESDAY, DEC. 9
8:00-9:50.....All 8:00 MWF and Daily Classes
10:00-11:50.....All 11:00 MWF and Daily Classes
12:30-2:20.....All 1:00 MWF and Daily Classes
2:30-4:20.....All 3:00 MWF and Daily Classes

WEDNESDAY, DEC. 10
8:00-9:50.....All 7:00 MWF and Daily Classes
10:00-11:50.....All 10:00 MWF and Daily Classes
12:30-2:20.....All 12:00 MWF and Daily Classes
2:30-4:20.....All 2:00 MWF and Daily Classes

THURSDAY, DEC. 11
8:00-9:50.....All 9:00 MWF and Daily Classes
10:00-11:50.....All 10:00 T-Th Classes
12:30-2:20.....No exams scheduled
2:30-4:20.....All 3:00 T-Th Classes

FRIDAY, DEC. 12
8:00-9:50.....All 9:00 T-Th Classes
10:00-11:50.....All 11:00 and 12:00 T-Th Classes
12:30-2:20.....All 1:00 and 2:00 T-Th Classes
2:30-4:20.....Reserved for unscheduled and conflicts

EVENING EXAMS: (Includes 4:00 p.m. and Saturday classes). Should be the class period immediately preceeding Dec. 11.

Thunder Word
News Briefs

Holiday giving tree

Now through Dec. 12, a holiday giving tree will be set up in Building 8 to benefit children and teens affected by AIDS.

Toys, clothing or cash donations are welcome. Donators may choose the age and gender of the child.

For more information, contact Bettina Casad at 206-878-3710, ext. 3315.

Canned food drive

The Highline Artist's Guild is sponsoring a canned food drive to benefit Toys for Tots and Northwest Harvest now through Dec. 10.

Bring donations to Building 16, room 158.

API Club to visit Retirement home

The Asian Pacific Islanders Club will visit the Kiero Retirement Home in Seattle on Dec. 12 from 3-4:30 p.m. Everyone is welcome to participate. Contact Yenerma De Las Alas, ext. 3315.

Announcement of Thunderword appointments

Gina Carpinito has been named editor of the Thunderword for Winter Quarter, said Dr. T.M. Sell, the newspaper's adviser.

Carpinito previously served as reporter, copy editor, chief copy editor and managing editor.

Lisa Curdy, who has served as reporter, arts editor and Focus section editor, has been promoted to managing editor.

W.B. Heming moves to opinion page editor. Heming previously served as design editor, managing editor and editor. He replaces David Blair, who is graduating.

Christi Croft has been promoted to arts editor. K.M. Petersen has been promoted to sports editor.

Anita Coppola has been promoted to advertising manager. Lin Au has been hired as business manager.

The Thunderword is seeking a paid distribution manager for Winter Quarter. Contact T.M. Sell at 206-878-3710, ext. 3150 for information.

decidi,ng which firm to use for the job," said Shirley Bean associate director of facilities. After the contractors and architects are chosen, the design process would take place.

At that time the architectural plans would be drawn, building permits would be received, construction planning would be taken care of.

In the third phase, construction would begin until the project is complete, Designing would take place in 1998, and construction would go from about 1999-2001, Sometime in the design process, the school will decide who will become the users

Highline students learn and grow in Alabama

Soap Box

By Moira Windon

A couple of weeks ago, Menna Tesfatsion and myself, Moira Windon had participated in a once in a lifetime event.

Menna and I were facilitators in a workshop in Birmingham, Ala. Our Highline instructor, Derek Greenfield, accompanied us as we broke ground at the first annual statewide "Reaching and Teaching Conference." The theme, "Power of TEAM," (Together Everyone Achieves More) was the focus of the workshop.

This educational conference was targeted toward teachers, councilors and other professionals in the field of education. Approximately 350 people were in attendance. Greenfield delivered the keynote address at the opening of the conference. If you were to ask any attendee of the conference about Greenfield's presentation, they would tell you that Greenfield "rocked the house!" Derek Greenfield's presentation was both moving and inspirational, to say the least. The man is good!

Highline professor Derek Greenfield, left, and students Moira Windon and Menna Tesfatsion at conference in Alabama.

Besides attending the conference, Highline's trio spent Tuesday afternoon at the Birmingham Civil Rights Institute. Their visit to the museum proved to be extremely emotional and hit home on some very real issues. We were all very moved and inspired by the design and presentation of the museum. That evening was filled with deep conversation and ceaseless laughter over some of the most delicious soul food we had ever eaten. We wound the evening down by practicing our presentations for the next day.

Wednesday morning, the group woke up early with butterflies swarming in our bellies. Presentations were practiced over and over in front of mirrors. The time had arrived to represent Highline at the historical conference in which every workshop was packed.

Both Menna and myself shared personal accounts of our times in high school. We delivered messages of how educators impacted our lives. Our workshops were made entertaining and educational because they included hands on activities and full audience participation.

The subject matter of the presentations also included suggestions on how to reach students inside and outside of the classroom. Not only was our instructor Derek Greenfield moved, but it was quite apparent that the workshop touched the hearts of the other educators in attendance. The first annual statewide "Reaching And Teaching Conference" in Birmingham was truly a success in the eyes of all that attended. Feed back from attendees at the workshops felt that the presence of students was an appropriate compliment to the conference.

"It was a great idea to include students in the presentations," said one of the faculty in attendance.

Many people were heard leaving the workshop saying that they hope that future conferences would utilize more students to help educators become educated though feedback on "what really works" in and outside of the classroom.

Derek, Menna and myself were very thankful that we were able to represent Highline in Alabama. We would especially like to thank Toni Castro, Derek Greenfield and Kayleen Oka for this growing opportunity.

Moira Windon is an ASHCC Student-at-Large.

Instructors of color can bring school much needed diversity

By Menna Tesfatsion
Staff Reporter

Commentary

I have arrived at class every morning since the third grade and have seen a white face in the position of instructor. The face usually had a smile and spoke in pleasant euphemisms.

When I was younger the figure of authority would like to touch my hair and comment on how different it was; and different was the last thing I was trying to be. I myself noticed that my hair was kinky and did not flow in the wind as my instructors did at recess.

I look back to the days of third grade when my hair, my skin, my culture, my heritage, my everything was similar to my instructors. I felt connected.

For 11 years I have not had an instructor who could relate to my reality. For 11 years I have looked up to the front of the class and saw a being who represented authority. For 11 of my 19 years I have never seen a man like me have authority in the classroom.

I've asked myself why this is. Is it because there are no men like me that have the intelligence to perform the job, this could certainly be assumed by a young mind that has seen nothing but his own reality.

But that can't be because there are people of color like me graduating from universities. Isn't that what all that hype about affirmative action is all about - that people like me are getting into universities and whites are being denied?

Well if that is true we should have more people of color in authority than not, seeing as though this reverse discrimination began in 1965.

The simple fact is this, our campus is composed of 30 percent students of color and less than 5 percent faculty of color. Though that in itself is a huge improvement from the days where the educational institution was bombarded by white men and nothing else, it is still an injustice. There is hope through out actions, and proof of that is the number of women instructors on campus relative to the amount at the inception of the college. This gives me hope, that my people and all people of color can someday see their seeds reach full fruition in the educational garden.

We need to have a diverse group of students sit on search committees.

It is vital that students have a say in the process of hiring new faculty. Pulling together all of our communities resources is the only way we are going to succeed. And when we are all fighting for the same cause who is there that can oppose us?

There is no need to be split in this effort. Having faculty of color would add to the Highline community. It would bring new perspectives and a fresh awakening to the way history, politics, literature, and philosophy are viewed. We would look at ourselves through a different mirror, one that would reflect what is really in front of it, all of us.

Letters to the Editor

Thunderword is doing good things

Dear Editor:

I just wanted to thank you for publishing the quick blurb at the last minute on the back page of the Nov. 26, 1997 issue of the Thunderword.

Your paper is a great and effective means of communication that benefits so many Highline students.

I just wanted to point out that the article written said that Paul Gerhardt was the vice president of legislation.

For the record, I am the vice president of administration, with very different job requirements.

The article also sighted that it was the ASSHC.

The actual acronym is ASHCC.

ASHCC stands for Associated Students of Highline Community College.

I apologize for giving you such short notice, that may have contributed to the discrepancy.

Dec. 1 actually signifies World AIDS day. The program that I coordinated on that day was Highline College's first AIDS Awareness program.

We actually did more than just pass out pamphlets.

We also passed out free condoms and directed students to the guest speaker from the Northwest AIDS Foundation, who did a fantastic job promoting AIDS awareness through dialog and a question and answer session.

Again, special thanks to you and your staff for your dynamic contributions as a great source for information and communication to the students here at Highline Community College.

Keep up the great work.

Paul L. Gerhardt, Jr.
ASHCC Vice President of Administration

School clubs need to be touched on

Dear Editor:

I am tired of reading stories in the school paper about smoking. Six stories in one issue is beyond overkill!

Are the staff writers really having that much trouble finding a beat? It seems that every week, the Thunderword has some sort of story about it.

Sure, it is a definite issue at Highline.

However, there are a fistful of student issues that rarely or never get touched on. What about student clubs? I hear more about lack of participation than I do about upcoming events.

What about student interests? There are gays and lesbians (students and teachers) on campus. I have heterosexual friends that are curious and want to learn about it, but are too uncomfortable to ask.

What about other student heath issues? There are people at Highline with eating disorders, maybe a story on that will offer hope and/or help for those in need.

As for Angk ("Smoke Out," Nov. 26 issue) who is smoking because it is a "social thing," pick up a Stranger!

I don't smoke and I don't need to bum cigarettes off of others just to say "hey, what's up?"

I have plenty of friends that smoke. They accept me for who I am, not because I smoke.

If your so-called friends pressure you to try it, then they are not truly your friends.

I hung out with one friend in particular this last weekend that smokes, and I cannot even remember how many times she was asked for a cigarette.

Her response nearly every time was, "get a job!"

When Angk said it was really "trendy," what part was he talking about?

I think I missed it.

Maybe he meant that the empty wallet, the yellow teeth, and the bad breath and lung cancer was trendy.

As for the people that say they want to quit but not now or can't, this is what I have to say to you: You will quit, the day you die!

And those people that you smoked for, "just to fit in, be social, and trendy," most likely won't even know you one, two, ten years down the road.

They won't care that you're dead, they won't even know that you're dead.

And the world will go on without you.

Eryn Redmon
Highline Student

Students are sleep deprived, survey says

Work, school take priority

By Alyssa Pfau
Staff Reporter

As finals approach and deadlines draw near, Highline student Jerry Davis finds himself sacrificing sleep for extra study time.

"There are only so many hours in the day and I often find myself staying up until three, four in the morning to get my home work done," Davis, who gets up at about 6 a.m. for school, said. He says that he spends 40 some hours a week on homework and as finals approach he claims that the workload is only increasing.

Davis usually takes a nap during the day which he says gives him a second wind of energy but he still only manages to sleep five or six hours a day.

"When there is a lot to get done, the easiest thing to give up is our sleep," said Bob Baugher, a Highline psychology instructor.

Davis is not alone. Research shows that sleep deprivation is a common problem among most Americans, Baugher said.

According to the book "Psychology" by David G. Myers, "People who sleep less than seven hours often show signs of sleep deprivation."

Effects of sleep loss listed in the book include:

*Impaired creativity and concentration
*Slight hand tremors
*Suppression of the immune system
*Irritability
*Slowed performance
*Poorer judgment
*More accidents
*Occasional misinterpretations on monotonous tasks

Photo illustration by Bruce Jarrell
Surveys found that students have to find time to squeeze in naps around busy schedules.

A recent survey, polling 100 students, revealed that Highline students are no different than most sleep-deprived Americans.

The survey revealed that Highline students juggle hectic schedules, spending anywhere from 20 to 60 hours a week on non-academic-related commitments. In addition nearly two-thirds of the students surveyed were taking 15 credits or more and 21 percent of the students had responsibilities to a spouse, a child, or both.

With so many commitments and only 24 hours in a day it is no wonder that Highline students lose about an hour and 15 minutes of needed sleep a night. On average students say they need at least seven and three-quarters hours of sleep in a 24-hour period; yet, they only get an average of six and a quarter hours of sleep.

Students notice that when they don't get enough sleep they have more trouble concentrating on lectures and tests, remembering what they read, and retrieving information for a test.

"When I read and I'm really tired I can't remember what I just read. I can't focus on schoolwork when I'm tired," student Jessica Barber said.

Baugher agrees that when our brains need sleep they will not function as efficiently.

Staying up all-night and cramming the night before an exam is not always the most effective way to prepare, because your brain may have trouble making sense of, and retaining the information you are studying. When it comes to test time you may have trouble recalling the information you studied just hours ago, and due to sleepiness you're not going to see some of the subtleties that are common in test questions, such as the word not.

Ninety-one percent of the students surveyed agree that good sleep habits improve test scores. However, only 23 percent said that they practiced good sleep habits during finals week.

As finals approach Baugher suggests that students prioritize by finding things they can say no to or put off until after finals are over.

"When there is a lot to get done, the easiest thing to give up is our sleep."
--Bob Baugher
Highline psychology professor

"The theory is you can never make up for lost sleep," Baugher said.

Lost sleep during the night will be compensated through micro-sleep the next day, said Baugher. Micro-sleep allows the brain to rest for a partial second by clicking off hundreds to thousands of times in a day depending on how much sleep the brain has been deprived of, Baugher said.

A common ritual some people have is to stay up all night before finals by drinking five pots of coffee and the next day drink a triple Mocha to get them through the day. Thirty-seven percent of Highline students use coffee or other stimulates to stay awake or stay more focused.

"Anytime you deprive yourself of sleep whether it be drug induced or not, it will have an unhealthy effect on your memory," said physical education and health instructor Tracy Brigham.

Using stimulants is actually more harmful than not using them, said Brigham. They have a negative effect on the brain causing reduction in memory retention and retrieval. They also cause dehydration, mood swings, and nervousness.

Stimulants disturb our body's natural rhythm, Baugher said.

"Our bodies are based on rhythms...if you alter any rhythm you throw a persons body out of sink," Baugher said.

Baugher suggests that people experiment with their body's natural rhythms and sleep patterns, to find out when they are at their peak efficiency.

Students should ideally take classes and schedule study time during these peak efficiency hours, Baugher said.

Highline students win national academic awards

By Shannon Stroud
Staff Reporter

Gov. Gary Locke will present scholarships to two Highline students, Paul Gerhardt, Vice President of Student Government, and Bettina Casad, President of Phi Theta Kappa.

Gerhardt

Casad

Two students are chosen out of every Washington community college by the International Honor Society, Phi Theta Kappa, and the Associated Community Colleges of America to represent their school in a nationwide program, sponsored by USA Today.

Gerhardt and Casad had to submit three letters of recommendation, two from Highline faculty and one from an outside reference.

The decision was also based on GPA, leadership, and community involvement. Casad has a 3.98 GPA and Gerhardt has a 3.7.

Casad plans to attend the University of Washington to earn a bachelor's degree in psychology, and then would like to pursue a masters at Stanford.

Gerhardt's plans are to attend Evergreen State College to receive a degree in pre-law and business management, and then a masters in public administration.

Gerhardt said he would like to be a mayor of a large city someday.

The presentation of the scholarships will be February 25 at the Capitol Rotunda building.

Students try to juggle school, work schedules

By Petr Borishkevich
Staff Reporter

In order to survive students must work.

Working and going to school is not easy. Students say that when they work, they do not have time to do homework and that causes their grades to drop.

"It is very hard to work and go to school at the same time," said Dines Smith. "Ifind it very hard to find time to study. I usually go straight to work after school and get home at midnight. By then I'm usually too tired to study."

Working part -time, some students find it easier to keep grades up than working a full-time job.

"In order to go to school, I have to work part-time at my job," said one student.

"If I had the choice, I would just go to school and not work at all, but I need to sustain myself," said Bruce Plaridal. "I wish that I could win the Lotto."

To get more money from financial aid, some students try to work less. One student said that it is better to get money from financial aid than to work and get the same amount of money.

"In order to get more financial aid, I have to work less," said one student.

Despite the hardships of working while going to school, students think it is well worth it.

"Working full-time and going to school is very difficult for me," said Myung Lee. "But I think this college education will pay me back after my graduation."

The Holiday Survival Guide

A Thunderwood magazine extravaganza

Charity: Give something real for Christmas

See page 3

'Twas the night before finals, and you da man!

See page 7

Holiday stress: Fun for the whole family

See page 5

'Tis the season: Shop til you drop

See page 4

Highline Community College, Des Moines Washington, USA December 4, 1997

Festivities sail, skate into holiday season

By Santi Permpool
Staff Reporter

It's the time of the year to enjoy the beautiful sights of Christmas trees, the cheerful sounds of street carolers, and festive entertainment all through the month of December.

Experience gliding across ice at the Wells-Fargo Ice Rink, watch Disney's "Beauty and the Beast" on ice, and enjoy free special events and activities at this years King 5 Winterfest at the Seattle Center.

For eight years, Winterfest has provided Seattle area residents an unforgettable holiday experience.

"Come listen to live entertainment, see the beautifully decorated grounds, and enjoy the holiday season," said Beau Fong, Seattle Center public relations officer.

Special events happening at the Winterfest include:

Disney on Ice's "Beauty and the Beast," showing Dec. 3-7 at the Key Arena

The Holiday Family Concert and Sing-Along on Friday, Dec. 5 from 7-8:30 p.m. in the Seattle Center House.

The Discover Stars on Ice Jan. 3 at 7:30 p.m. in the Key Arena.

These are just a few of the many events happening at the King 5 Winterfest this holiday season.

For those looking for festive activities happening in the Des Moines area, look no further.

Des Moines Park and Recreation is inviting everyone to witness the Annual Holiday Tree Lighting at the Big Catch Plaza, located on South 216th Street and Marine View Drive from 5:15 to 5:45 p.m. tonight, Dec. 4.

Community members will gather in the plaza to give the final countdown for thousands of lights to be turned on the Des Moines Christmas tree.

Be sure to dress warmly, because the events continue. Saunter down to the Des Moines Beach Park Waterfront from 6-7 p.m. to watch the Christmas Ship parade.

Hot cocoa and cookies, warm yourself by the bonfire while the parade sails by.

Parks and Recreation along with Argosy Cruise Ships are providing a Holiday Cruise for teens on Dec. 5 from 5-10 p.m. Admission is $20.

For more information about any of the Des Moines activities call the Parks and Recreation department at 870- 6527.

For more information on the King 5 Winterfest, call the Seattle Center at 206-684-7200.

Photo courtesy of Highline News

A man readies his boat for the Des Moines Boat Parade tonight.

Mid-winter celebrations appeal to diverse groups

By Menna Tesfatsion
Staff Reporter

Not all students at Highline celebrate Christmas.

It may come as a surprise to some, but there are other winter celebrations observed by the Highline community.

The two most widely celebrated events are Kwanzaa and Hanukkah.

Kwanzaa is an African-American holiday observed by African communities throughout the world.

Hanukkah, which is an annual festival of the Jewish religion, is celebrated on eight successive days, beginning on Dec. 10.

Both celebrations take place during the same time of the year.

"I've been celebrating Kwanzaa for seven years," said student Gabe Ladd.

Kwanzaa is a seven-day holiday that begins Dec. 26 and continues through Jan. 1.

It has its roots in the ancient African first-fruit harvest celebrations, from which it takes its name.

However, its modern history began in1966 when it was developed by African-American scholar and activist Maulana Karenga.

"It's a lot deeper then gifts, it's about family," said student Reggie Ball.

Kwanzaa is directed around five fundamental activities:

* The unification of family, friends, and community.
* Reverence for the creator and creation.
* The commemoration of the past, honoring ancestors, learning lessons and emulating achievements of African history.
* A recommitment to the highest cultural ideals of the African community.
* Celebration of the "Good of Life."

"It brings families closer together," said Ladd. "More blacks should celebrate this holiday."

Hanukkah, Hebrew for dedication, begins on 25th day of Kislev, the third month of the Jewish calendar, corresponding with December in the Gregorian calendar.

Also known as the festival of lights, Hanukkah commemorates the rededication of the Temple of Jerusalem by Judas Maccabee in 165 BC.

The temple was rededicated because it had been profaned by Antiochus IV.

It then took eight days for the temple to be rededicated to God.

Only one cruse, or jar, of pure olive oil could be found but the small amount burned miraculously for eight days.

A principal feature of the present-day celebrations, commemorating this miracle, is the lighting of candles.

One candle is lit the first night, two the second night, and so on until a special eight-branched candelabrum is completely filled.

Kwanzaa celebrates the joys of African-American culture.

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Photo by Bruce Jarrell

Bettina Casad puts the finishing touches on the Giving Tree in Building 8.

Charity

Get into giving spirt, lend helping hand this season

Photo by Mike Stampalia

A Salvation Army bellringer dings for holiday donations.

"I have found that usually those who serve find a greater meaning of Christmas. They get something back. It might not be something of material weatlh, but rather a greater sense of joy."

--Cindy Cothern, Salvation Army

By Marisa Kind
Staff Reporter

The sights and sounds are familiar; lights twinkling on decorated trees and bustling malls with the music of Jingle Bells playing in the background.

This is the time of year that many look forward to with anticipation.

But for some, this time of year brings with it the heartache of uncertainty.

As many race off to the mall to find the perfect gift for a loved one, some are wondering how they will afford groceries for the month.

At a time of year that is marked for many with laughter, joy and security, these very things can mask the pain that some people in our own community are enduring.

"It's very difficult for families in poverty to watch their entire society celebrate the holidays, and they can't join in," said Cindy Cothern of Salvation Army in Seattle.

Charity organizations such as the Salvation Army and others in the area are trying to bring the holidays to those in need.

"Pitch in together and we can do tremendous things," said Cothern.

To do something tremendous this season, get in contact with one of the following organizations:

Highline Community College is sponsoring the Holiday Giving Tree, headed by Bettina Casad, member of student government and president of Phi Theta Kappa.

"I wanted to do this, because it is a way to get the students involved in the community," said Casad.

The Holiday Giving Tree is for families affected by HIV and AIDS. It benefits children ages 2-17.

A Christmas tree adorned with ornaments listing the children's names, sex and desired gifts was put on display Dec.1 on the second floor of Building 8.

All presents must be in by Dec.11, and must be unwrapped.

If no gift ornaments are left, people can donate money for the Giving Tree dinner party, which is put on for the children and their families.

Casad had a list for 65 children, and before the tree went up, half them had already been chosen.

"It's amazing how many people are excited to give gifts to children. But there are a lot of people who have signed up for two, three or even four gifts," Casad said.

The Des Moines area food bank hosts families that are on welfare, families in crisis, and senior citizens. They serve between 750-800 families throughout the year.

"After many people are cut off from welfare, we are the only place they can get food until they can get on their own again," said Marilyn Orris, director of the food bank.

The food bank is supported by donations of money as well as donations of food.

Food staples, such as peanut butter, powdered milk, tuna, and canned fruits and vegetables are needed.

Paper and toiletry items, men and women's personal items, and laundry soaps are also wanted.

The Food Bank is located at 22225 9th Ave. S., on the lower level of the Des Moines United Methodist Church.

They are open every day of the week, and donations can be dropped off anytime during the holidays.

The Des Moines area Clothes Bank also helps those in need.

They help people from infants to adults, and about 1,000 families per year.

"We provide, generally, for those who are on welfare and low-income, but we also deal with people in crisis situations," said Ellen Barr, director of the clothes bank.

"We do not turn anyone away," she said.

All that the bank needs is clean and up-to-date clothing.

Donations can be dropped off at Midway Covenant Church in the bins outside the church office.

The Salvation Army is known nationwide for the charity work they do for families and individuals in need.

The King County Salvation Army helps around 9,000 families in poverty each year.

With a Salvation Army office located in White Center, Auburn, and Federal Way there are many opportunities for those who are interested to help.

"We need all kinds of gifts, the gift of time, funds, resources and talents," said employee, Cindy Cothern.

One way to give a gift is to donate toys to their Toy and Joy Shop.

The Toy and Joy Shop is a place where needy parents can buy food and pick out toys for their children.

They need volunteers to give out toys and help direct parents throughout the shop.

The Salvation Army also gives out holiday meals and serves Christmas dinners to about 150 low-income seniors.

Turkey donations are needed, and can be dropped off at the White Center Salvation Army.

For more information and for those who are interested in dressing up as Santa Claus and ringing a bell, call Salvation Army White Center at (206)767-3150, Auburn at (253)351-9253 or Federal Way at (206)624-0200.

The holidays can be more than just a time to buy and receive gifts, but also a time to give to those in need and receive something greater back.

"I have found that usually those who serve find a greater meaning of Christmas," said Cothern.

"They get something back, it might not be something of material wealth, but a greater sense of joy," she said.

For more information about Highline's Giving Tree, call Bettina Casad at ext. 3315.

More information about the Des Moines Food Bank is available by calling Marilyn Orris at (206) 878-8301.

For more information about the clothes bank, call Ellen Barr at (206) 288-8823.

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Shop until you drop--literally

By Ami Westberg
Staff Reporter

This holiday season, up to a half dozen people at Southcenter Mall may shop 'til they drop, literally.

Some people get so hurried while shopping at the mall they forget to eat and end up fainting, said Captain Ted Fehr of the Tukwila Fire Department.

"Between rushing around and carrying packages, shopping is a high calorie event," he said.

While it is not a common occurrence, there is a marked rise in the number of people who faint in the mall during the holidays.

When a person goes for long periods of time without eating, their blood sugar goes down.

This causes them to feel light-headed, and their body goes into shock. They may lose consciousness.

"We try and make it a good experience," said Paula Buckley, a member of Nordstrom Human Resources Department at Southcenter Mall.

"We've had this happen several times," said a Lamonts manager at SeaTac Mall.

If someone faints, the department store manager is paged and they call 911, unless the customer revives and does not want the paramedics called, she said.

When 911 is called, the fire department will come and administer oxygen to the person who fainted.

The fire department has them rest a few minutes and drink a little orange juice or apple juice to get their blood sugar back up.

"Then we point them in the direction of the food court," said Capt. Fehr.

He reminds shoppers to take a break and eat during the holiday melee.

"People need to remember to fuel that engine," said Fehr.

Buyer beware, be safe

By Ami Westberg
Staff Reporter

For most of us, the holidays are a season of buying and giving gifts to friends and loved ones.

Unfortunately, there are those who take advantage of the holiday spirit and prey upon unsuspecting shoppers.

Lurking around shopping centers and mall parking lots is the thief, the burglar, the car prowler, and the con artist.

They watch for weaknesses in people and then they strike.

They look for careless shoppers, unsuspecting shoppers, ignorant and innocent shoppers alike.

The Tukwila Police point out an incident a couple of years ago when a 70 year-old woman was shopping in a department store and two women approached her.

The women commented that she was about the same size as their mother, and asked the victim if they could hold a pair of pants at her side to estimate if they might fit their mother.

The victim agreed willingly. Only later did she discover that while one woman had held the pants up to measure, the other one had skillfully lifted her wallet from her purse.

"This is not something that happens all of the time," said Tom Kilburg, a Crime Prevention Officer for the Tukwila Police Department. "But we do encourage preventative measures."

The Tukwila Police send out a Block Watch Newsletter that gives tips for safe and happy holiday shopping. Tips include:

* Stay alert and be aware of what is going on around you.
* Park in a well-lighted space and be sure to lock the car, close the windows, and hide shopping bags and gifts in the trunk.

If you want to put packages in your car during your shopping trip, put them in the trunk and drive your car to another parking place to give burglars the impression that you are leaving.

Avoid carrying large amounts of cash. If it is necessary to do so, put smaller amounts of cash in different pockets and wallets. Spread it out.

Deter pickpockets and purse-snatchers. Don't overburden yourself with packages.

Be extra careful with purses and wallets. Carry your purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.

Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.

Kilburg offers other advice for holiday shoppers.

If you are trying on clothes in the dressing room, don't set your purse down. Someone could reach under from the next room and steal it.

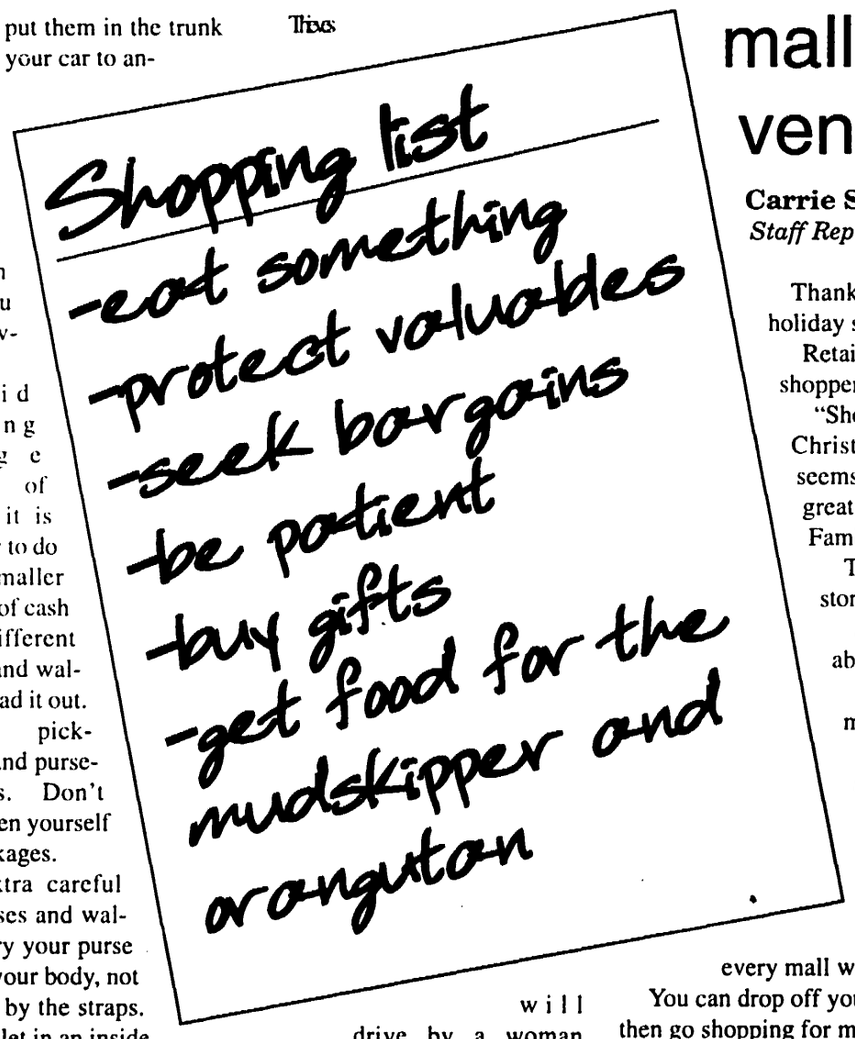
Gentlemen, do not leave your wallet in your pants if you go out of the dressing room and look into the mirror. Thieves will wait for the opportunity to grab it, he said.

Do not leave your purse in the car.

"It is better to leave your purse at home if you do not want to bring it inside the mall," Kilburg said.

Thieves will drive by a woman walking to her car, reach out the window, and snatch the purse right off her shoulder.

This holiday season, be careful and don't let the spirit of giving lull you into giving burglars, muggers, and pickpockets a better chance to do their dirty work, warn Tukwila Police.



Shoppers hitting malls with a vengance

Carrie Sukert
Staff Reporter

Thanksgiving weekend was the kick-off to the holiday shopping experience.

Retail stores were getting prepared for the many shoppers they will encounter during this season.

"Shoppers' attitudes change somewhat when the Christmas season comes around, but everyone seems to be getting what they want and having a great time," said Jason Gibbons, a retailer at The Family Store at Gateway Center.

To start off the season of shopping, many stores had their annual after-Thanksgiving sales.

Shoppers have a great time going out and about looking for the best buys.

For retail workers, this season is a little more frustrating.

"Dealing with a large mob of customers and trying to make them happy can be a tricky thing," said Liz Fredirickson Manager of Kits Camera in Renton.

Any mall you go to this season offers their own holiday bonuses.

Gift wrapping is just one bonus almost every mall will have for you this season.

You can drop off your first arm load of gifts to be wrapped, and then go shopping for more.

But the shopping experience is not always a pleasant one.

Some people get a little aggressive when they want a gift.

"I went to a store and saw a lady jump into a pile of Barbies and she got a whole arm load of them before anyone else could get one," said shopper Nick Nordberg.

Shoppers attitudes do change a lot when Christmas comes around.

They seem to be more impatient and less tolerant of the retail workers," said shopper Nick Ulrich.

Photo by Mike Stampalia

Shoppers delight in the seasonal frenzy that comes with holiday gift giving.

Students handle holidays, survey says

By William Randall
Staff Reporter

Highline students say they are not stressed by the holidays according to a survey of a 100 people.

The results of the survey revealed that 55 percent of Highline students do not feel stressed during the holiday season.

"No, I actually feel less stress during the holidays because I know I'll be with people I love and who love me," Heather Bowen said.

However, the other 45 percent claim that they do feel stressed, but they may not be stressed because of the holidays.

"Yes, I'm always stressed because I don't have enough time or money for everyone," one student said.

Approximately 45 percent of students wanted to spend time with family and friends. Where as 25 percent wanted time off from school.

"The holiday is about people who spend their time and money to buy gifts for family and friends," a student said.

"I love the break. I like the festive mood that everyone is in during the holiday. The whole world seems happy for two weeks," Tanya Johnson said.

But, students don't like everything about the holidays.

"It is the dent in my bank account that I like the least about the holidays," Teresa Moreau said.

"It is the dent in my bank account that I like least about the holidays."

--Teresa Moreau, student

The main priority of 60 percent of the students was private time.

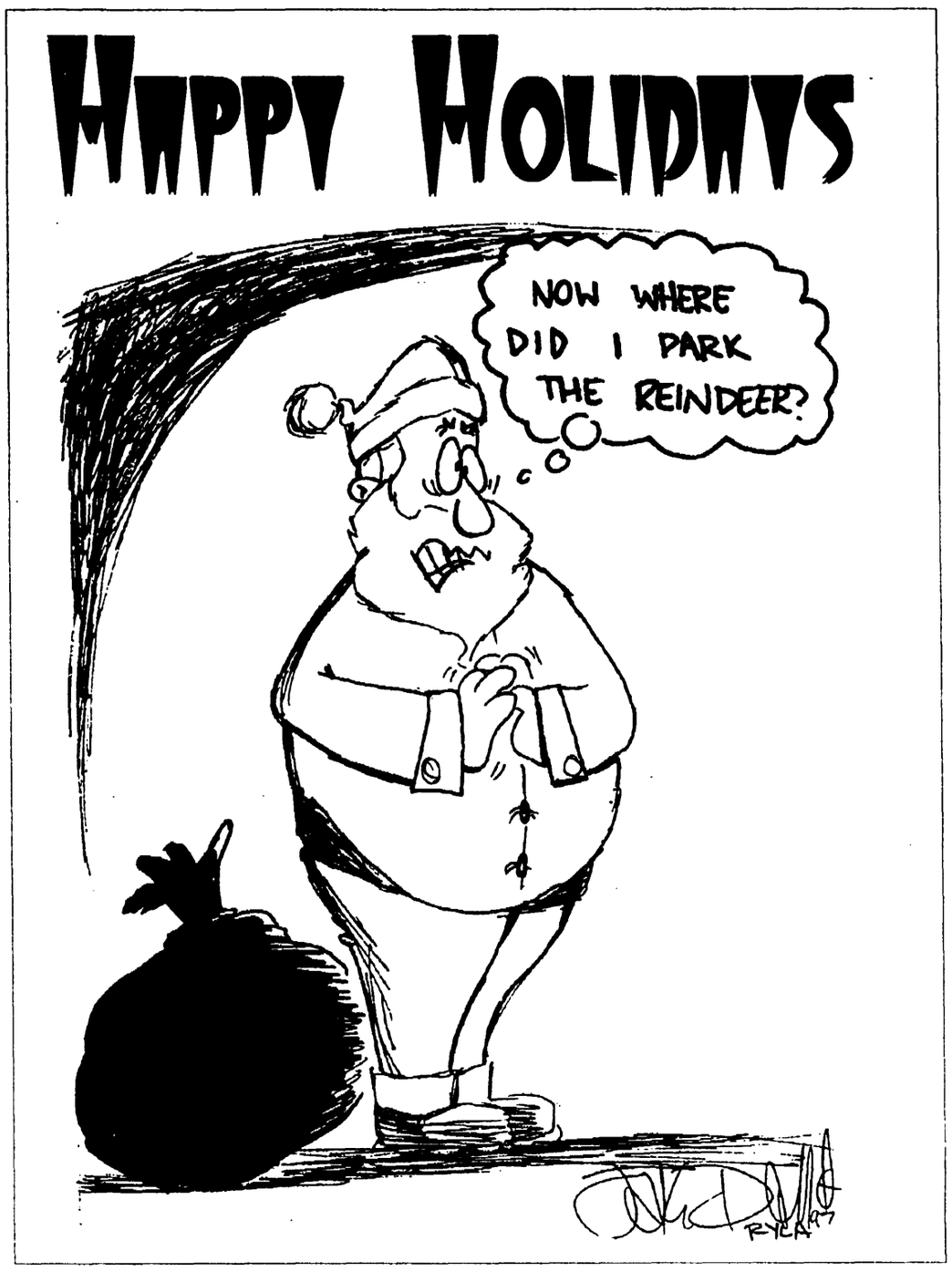
However, 20 percent of the students wanted time and money to spend with friends and family.

"I would like to do nothing after this quarter—I need a break," Susi Freelund said.

"I would like to spend time with my family and friends to share the spirit of the holiday season," one student said.

"I do think the holidays are stressful for many people because many people have expectations of what is supposed to happen and how good the time is supposed to be together with family," Social Psychologist Michele Manber said. "Many people's families, however, do not live up to the ideal picture of a warm-cohesive family and that is distressing".

"Also, many people who do not have families feel very alone at a time where the emphasis is on family," Manber said.



Season's joy is stress for some

By Shannon Stroud
Staff Reporter

Finding ways to deal with the holiday stresses of family and money can leave you with good cheer this season.

Most people say that even though the holidays are their favorite time of year, they can't help but feel overwhelmed by the stress of money, families, and general melee of the season.

One woman said she worries most about her family's interactions.

"Everyone expects to have a wonderful time, but it doesn't always work like that," she said.

"The only thing I can do is be positive and be thankful I have a family."

Arlene Nicki Hagowski, a counselor at Federal Way's Center for Counseling and Learning, gives people a checklist to ask themselves when they are feeling stress:

* Am I hungry?
* Am I angry?
* Am I lonely?
* Am I tired?

These needs must be met before anything else can be accomplished.

Hagowski also suggests making a list of what really needs to be done.

One woman said that making lists is the only way she gets through the holidays without losing her mind.

"It is hard to balance all of these things on top of everything else," she said.

The holidays are also a time that people experience the blues.

A man said that he feels depressed this time of year.

"I just take it one day at a time," he said.

Hagowski added that it is most important to take care of yourself at stressful times.

The Center for Counseling and Learning gives advice for the best way to do this:

* Eat well.
* Get plenty of rest.
* Exercise.
* Do something for yourself.

Even a few deep breaths might make a difference.

So forget about those bouncing checks, the gift you forgot to buy your boss, or all of the pumpkin pie you ate, and remember what the holidays are all about, family, love, and happiness.

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TRIPPIN'

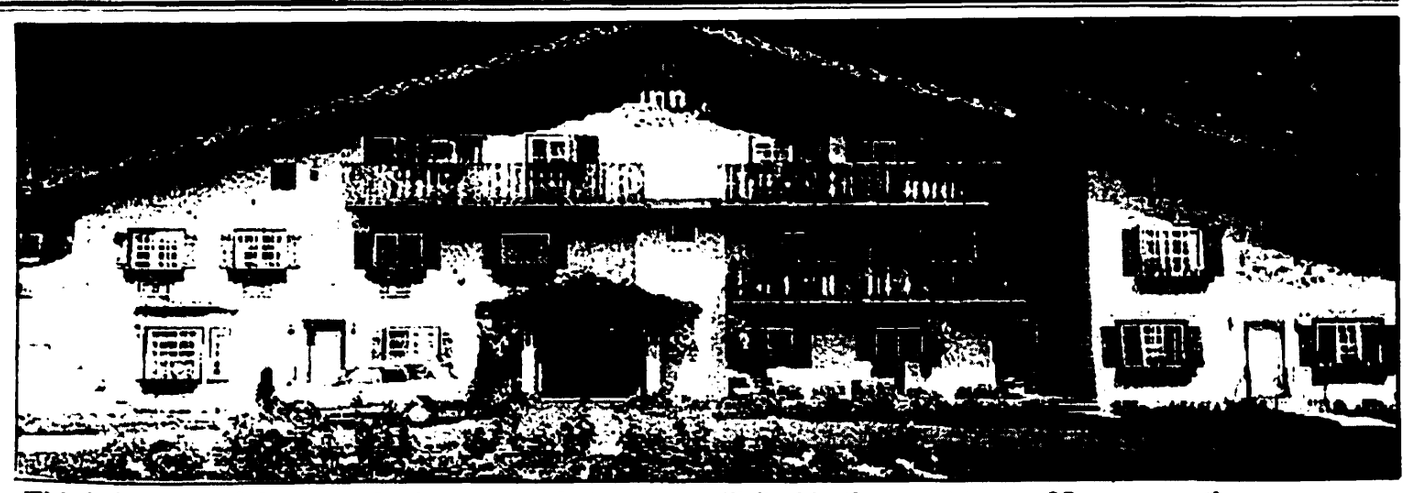
VICTORIA, OCEAN SHORES, LEAVENWORTH BECKON WITH QUICK GETAWAYS FOR THE HOLIDAYS

By Marisa Kind
Staff Reporter

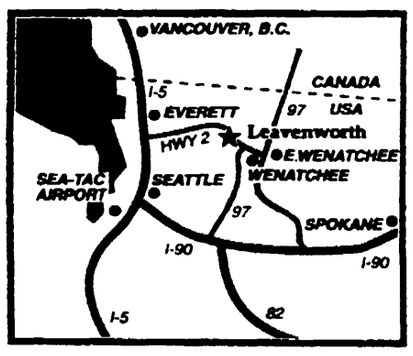
The holidays can be a busy and hectic time, but it can also be a time to relax and explore your surroundings.

After a hard quarter full of deadlines, hours of reading and studying for exams, what better way to unwind then to treat yourself to a relaxing, fun-filled vacation.

During this holiday vacation take time to discover some unique nooks and crannies that make the Pacific Northwest a special place to live and visit.



This is just one of the many festive accomodations you will find in the sweet town of Leavenworth.



Leavenworth, a quaint Bavarian Village nestled in the Cascade mountains, is approximately two hours east of Seattle, and offers an array of activities.

It looked like Leavenworth in the brochure, really.

With more than 1,500 rooms to choose from, the accommodations range from hotels and bed and breakfasts to lodges and cabins.

The prices range from $49-$175 a night depending on your choice.

Leavenworth has over 100 unique shops varying from Scandinavian gift shops and novelty stores to book stores and outdoor clothing.

And with about 40 different eating establishments in the area, a place to get off your feet and relax is never far away.

For those who enjoy more of the outdoors, the list of recreational opportunities are endless.

Leavenworth is only 35 minutes away from two ski slopes; Steven's Pass to the west and Mission Ridge to the east.

Snowboarding, downhill and cross-country skiing is available at both the ski slopes, but there is also five miles of lighted cross country skiing available right in town.

For something new to try, there are plenty to choose from.

Leavenworth offers horse sleigh rides for either one or three-hour tours of the mountains or horse carriage rides through the town.

They also have half-hour dog sled rides, snowmobiling tours and ice skating.

But if you are on a tight budget and want to just enjoy the town, Leavenworth offers many events and festivals throughout the year.

Throughout December are various bazaar and crafts shows, special holiday activities and their well-known Christmas lighting week, where people witness the Bavarian village transform into a magical winter wonderland.

For more information on all that Leavenworth offers call Leavenworth Chamber of Commerce at (509)548-5807, and receive a free visitor's guide.

Waves break for all at Ocean Shores

Or you check them out on the web at http://www.leavenworth.org.

Ocean Shores, a perfect place to escape for a few days, is a bustling tourist town set on the edge of six miles of ocean beaches.

Located on the north side of Grays Harbor, Ocean Shores is approximately two hours southwest of Seattle.

Ocean Shores has over 20 different hotels, motels and lodges to choose from, ranging in price from $30-$149 per night.

With over 30 gift, apparel and specialty shops, one can spend a day or more browsing through all the stores, each with its own unique character.

And with 25 dining establishments within a few blocks of each other, even the pickiest eater can be satisfied.

Although it might be winter, there are still many things to do at Ocean Shores.

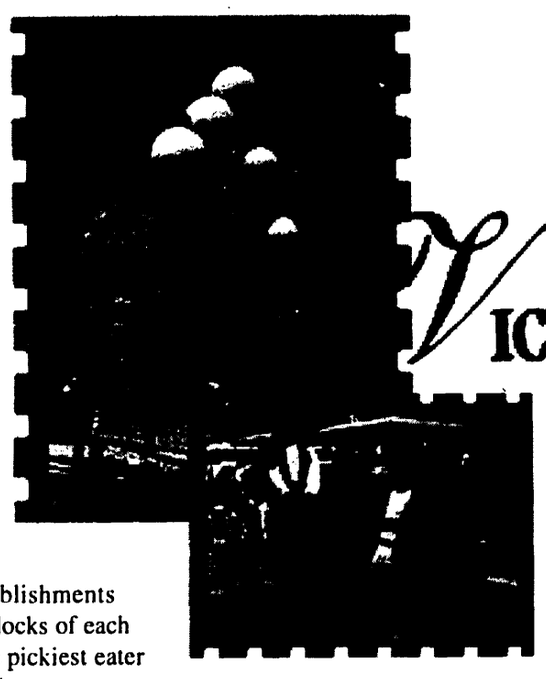
Instead of just walking on the beach; horses, mopeds and bikes can be rented for exploring the shore. Plus, inland there is bowling, bumper boats, go carts, and casino gambling, just to name a few.

To top a day of sight-seeing off, Ocean Shores North Jetty offers some of the best winter storm watching, where waves can reach a height of 25 feet.

But the best place to watch the storm weather is from your cozy hotel room cuddled up by a warm fire.

Ocean Shores provides various events throughout the year for natives and tourists alike.

For more information about their calendar of events or for a listing of various lodging, dining, and recreational options, call Ocean Shores at 1-800-76-BEACH for your free Getaway Guide.



Victoria: It's like a foreign country, eh?

Victoria, B.C., with hanging flower baskets on lamp posts and double-decker buses touring the charming city, preserves a bit of olde England.

Located on the southern tip of Vancouver Island, Victoria B.C. can reached by plane, the passenger only Victoria Clipper, or the luxury car ferry Princess Marguerite III.

unique items and gifts.

Because of the currency change, things cost less, which is inviting to anyone living on a budget.

Because tourism is the life blood of Victoria, the city is full of a wide selection of restaurants, cafes and pubs.

The choices are endless, and all that is needed is an empty stomach.

There are many exciting and interesting places to visit while in Victoria.

If your trip is planned in advance, making reservations for high tea at the Empress Hotel is highly recommended.

Then there are the ivy-covered Parliament and Legislative buildings, where in front of you can ride in a horse-drawn carriage to get a better view of the city.

Another must see is the Crystal Garden with its free-flying butterflies, monkeys, tropical garden and aviary.

Also there is the famous Royal BC Museum that is full of wax figures, life-size recreations of living societies around the world, and the feel of walking down streets of long ago.

VICTORIA BC

Victoria is well-known for its eminent 130-acre Butchart Gardens, but unfortunately is closed for the season.

Victoria B.C. is a fun and enjoyable place to be, with plenty of things to see and do, regardless of your budget.

For more information and reservations call (206)448-5000, (205)382-8100 or 1-800-888-2535. You can also visit the Victoria Clipper web site at http://www.victoriaclipper.com.

For more ideas of all that Washington has to offer, pick up Destination Washington at any local book store.

It gives detailed information of all there is do to in Washington, how to get there and the cost in involved.

Only eight more days and the holiday break will be here. With three weeks of free time, plan now to spend some time exploring the beautiful Pacific Northwest.

Seasonal work may be full

By Ami Westberg
Staff Reporter

If you are looking for a holiday job now that the quarter is almost over, it may be too late. You should have looked a month ago.

Companies in the SeaTac and Southcenter areas did most of their extra holiday hiring in October and early November.

The Lamonts at SeaTac has finished their holiday hiring.

"We hired about 15 to 25 additional staff," said a Lamonts manager.

Nordstrom's at Southcenter Mall hires a slew of people to help out for the holidays.

"We do our hiring every year in October because the first Wednesday in November is our women and children's half yearly sale. We hire anywhere from 100 to 150 people for the holidays," said Paula Buckley of Nordstrom's human resources department.

"We hire early in order to have new employees trained in time for the onslaught of shoppers this time of year," said Buckley.

Eagle Hardware and Garden in Federal Way occasionally hires extra employees this time of year.

"We usually hire back what we call our alumni. These are generally college students who come back for Christmas Vacation and want to work," said Chip Churchill, Eagle's Store Operations Manager.

There may be a few jobs left out there, but you may have to look hard.

"We get dozens of applications and right now we are looking for one person to work weekends," said Meghan Hawkins, a Benson Plaza Starbuck's employee.

Finals time makes for delerium

'Twas a week before finals and all through the college, the students were straining in search of lost knowledge.

The books were all piled on the library desks without care, in hopes that some answers worked somewhere in there.

Lisa's World

By Lisa Curdy

And I with my red eyes peeking from under my cap, soon drifted off to a much needed nap.

When out on the plaza there rose such a commotion, I oozed from my chair with a sloth-like motion.

And there on the flagstones surrounded by smoke, was a well-read and wisened sort of a bloke.

With a bright golden scantron clutched in his hand, all gathered 'round him and said "you da man!"

For it was Saint Studious, the solver of tests, the taker of notes, the shusher of pests.

The smile on his brow and curl of his beard, told me right then there was nothing to fear.

Floating over the crowd with a gleam in his eye, he grasped my hand and we started to fly.

Around the Library, not one lap but two, he looked at me and said, "oh, lucky you!"

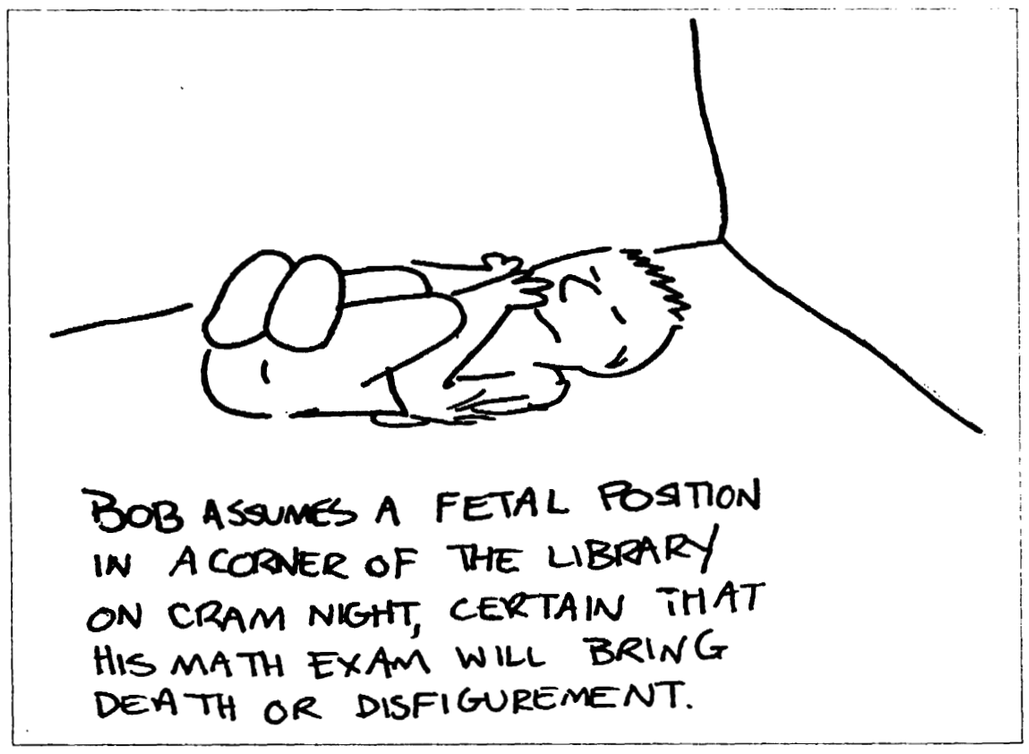
With a purposeful gaze and a laugh like a lecture, he cleansed my whole essay of sophomoric conjecture.

He said, "you needn't resort to this late quarter pleading, if only you'd done your remedial reading!"

We hovered, than landed back where we began, and he placed the golden scantron in my caffeine-jittery hand.

Hopping into his Cushman, he rolled out of sight exclaiming, "Good luck on your finals, you might just do alright!"

Lisa Curdy is the Holiday Survival Guide Editor. Somehow, she reverted to thumb-sucking, and dragging her wubbie around with her. We don't know why. Have a hap hap happy holiday!



HAPPY HOLIDAYS!

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Gift ideas for the strangest of folk on your holiday list

By Lindsay Morishima
Staff Reporter

So, you've got a ten-mile long list of people you need to buy gifts for, and no idea what to get. Need some ideas?

It's happened to all of us, the annual gift exchange. You need a present for your kid cousin, a co-worker you pulled out of a hat, and your aunt. You're short on cash and creativity, and it's coming down to the wire.

"Nothing's harder than looking for a present for someone you don't know very well," said My Lee Trang, a shopper at Southcenter.

The kid cousin, who knows what they would want? Ask any kid, one of the hottest and easiest ideas for gifts are virtual reality pets.

These virtual pets are pocket-sized computerized critters that need to be played with, cleaned up, taken to the vet, and fed.

If you don't take care of your virtual pet, it will die.

They range from $9 to $15, and can be bought at practically any store that has a kid section.

Even if they already have one, they probably want another. Virtual reality pets can be dinosaurs, snakes, birds, dogs, cats, and human babies that you can name yourself.

"I've got three virtual reality pets, and my friends and I baby sit each others and see who can keep them alive the longest," said Rheanna Hoover, a fifth grader at Sioux Creek Elementary in Kent.

The co-worker you don't necessarily know that well is easier than you might think.

Get movie gift certificates, music gift certificates, or any generic gift certificate.

But how about getting a bit more personal? Find out their favorite charity and make a donation.

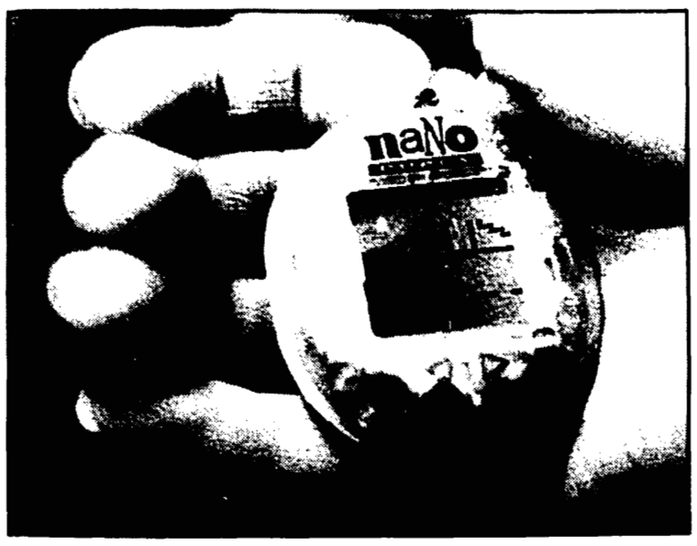

Photo by Mike Stampalia

Virtual pets make hot gifts for tykes this season

A great place to shop for gift ideas is Half-Price Books. Everything in the store is half-off, including the software.

Get your co-worker a coffee table book, cook book, or screen saver, they all range from $7 and up.

Half-Price Books are located in Southcenter, the University District, Bellevue, and Tacoma.

Don't forget about your neighborhood variety store. You can find everything and anything you want.

"The easiest place to find presents when you don't know what to get is Wal-Mart. They have everything," said student Melodie Craig.

A favorite store for mall shoppers and the easiest place to find gifts for your aunt is Garden Botanika.

Gift packs range from $10 and up. The packs can include: various scented lotions, a set of lip stackers glosses, and six aromatic products for $16.

But best of all, they're already packaged neatly, so you won't have to wrap them.

The holiday season is a time to relax and enjoy yourself, not to run around in a panic.

If you're really having troubles, ask a salesperson for help, because that's what they're there for.

Delectable holiday foods tempt tongue

By Scott C. Murray
Staff Reporter

The seasonal holidays are upon us, and with it are the delicious foods people enjoy around this time.

The holidays of Christmas, Hanukkah, Kwanzaa and are different in ritual and celebration, but have one thing in common, delicious tasty morsels.

Christmas is celebrated on December 25th.

The spread is usually the same for most celebrators of Christmas, though some dishes may differ from year to year and from family to family.

Fruit cakes, some stale, some not, are a traditional staple.

Cooked ham garnished with pineapple slices is a favorite main course, and can be accompanied by a big butter-basted 21 pound turkey stuffed with delicious stuffing.

Mashed potatoes with thick, rich brown gravy makes for a good side dish, along with cranberry relish, pickles, olives, and celery filled with peanut butter or cream cheese with chives, are also favorites.

Fruit salads, traditional green salads and jell-o parfait salads along with hot rolls slathered in butter and jelly tempt your senses.

Pumpkin pie, pecan pie, lemon meringue pie, apple pie, banana cream pie, key lime pie, cherry pie, mud pie, pie, pie, pie, good tasty pie.

With a dollop of vanilla ice cream, you can turn these desserts into a rich cascade of unbridled flavor. But be careful though, you don't want to over activate your taste buds.

Hannukah starts Dec.10, and runs for eight days.

Leek pancakes, pineapple pudding, pumpkins with dumplings and stuffed dates are rich foods which are sure to be enjoyed by those who celebrate Hannukah.

Kwanzaa starts Dec. 26, and runs for seven days.

Kwanzaa dishes include potato salad, succotash, souffle omelets, shrimp salad, fried green tomatoes, chilled coconut milk, black-eyed peas, avocado and cabbage salad and a special ginger beer to accompany the meal.

All these delicious foods, and only one season to enjoy them in.

No matter what holiday you choose to celebrate this year or in years to come, there will always be food.

Broaden your palet's horizon, you never know when you'll find a new favorite food.

Go ahead and eat the calorie infested feasts. It's a one-time a year event, so for goodness sakes, enjoy the holidays.

Capirotada

This is a Mexican Christmas recipe, and is a great dessert for your freinds and family.

2 c. firmly packed dark brown sugar
1 qt. water
1 stick cinnamon
4 cloves
6 slices of bread, toasted and cubed
3 apples, pared, cored, and sliced
1 c. raisins
1 c. blanched almonds, chopped
1/2 lb. Monterey Jack or similar cheese, cubed

⁂ Place the brown sugar, water, cinnamon, and cloves into a saucepan and bring to a boil.

⁂ Reduce heat, and simmer until a light syrup is formed. Strain syrup and discard spices. Set syrup aside.

⁂ Meanwhile, arrange a layer of toasted bread cubes in a buttered casserole dish. Cover with a layer of apples, then raisins, then almonds, and finally cheese. Repeat until all ingredients are used.

⁂ Pour syrup over the layers.

Take your capirotada and bake at 350 degrees Fahrenheit for about 30 minutes.

Serve while hot, this recipe makes enough for six people.

Oyster bread stuffing

This is a Kwanzaa recipe for oyster and corn bread turkey stuffing. Don't worry, the oysters are optional.

4 stalks celery, chopped
2 medium green bell peppers, cored, seeded, sliced, and diced
8 c. corn bread, crumbled
3 cloves garlic, minced
2 onions, diced
One 8 oz. package of onion soup mix
2 cans cream of mushroom soup
Drippings from a roast turkey
Salt to taste
Ground black pepper to taste
Oysters, optional

⁂ Mix the celery, bell peppers, corn bread, garlic, and onions in a large mixing bowl.

⁂ Add the onion soup mix, mushroom soup, drippings from the turkey, salt, pepper, and optional oysters. Mix until they are evenly combined.

Place the dressing in the neck and interior cavity of the turkey and proceed to cook the bird.

Bake the remainder of the stuffing in a baking pan for 30-40 minutes.

This recipe feeds a family of many. Try it, you'll like it.

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Finals Cram Night returns in Library

By Ira Cornell
Staff Reporter

Brains abound at Cram Night.

Students will have an opportunity to study for finals in the Library after hours.

Student government, Team Highline and College in a College are sponsoring study sessions Dec. 7, 8, and 9 from 9:30 p.m. - 1 a.m. The Library will be open to any students who wish to stuff their brains. In addition, math tutors are available from 9:30 p.m. - 11:30 p.m. on all three days.

A change this quarter is that Sunday was added and Wednesday was dropped due to low attendance on Wednesday, said Dennis Steussy, coordinator for Students Programs.

Last spring, about 100 students burned the midnight oil on the first night, another 80 students on the second night, and 25 on the third night.

"Each quarter there is an increase of students coming to Cram Night," said Laura Westergard, College in a College coordinator.

"It inspires me by looking at other students working hard," student Brian Smith said.

A number of requests have been made for math tutors more than any other tutors, said Library Supervisor of circulation Bob Hermanson.

"Math tutors seem to be helpful," Steussy said.

Refreshments will be provided such as coffee, tea, and juice. Snacks will also be offered including bagels, pretzels, vegetables, and fruits.

"If we serve meals, there will be no problem for the janitors as far as cleaning up," Hermanson said.

The computers and media floor will not be available during Cram Night.

"Cram Night is only available for study use, not for Library hours," said Hermanson.

The second, third, and fourth floors will be open. The fifth and sixth floors will be closed. The second and third floor will be group study and the fourth floor will be quiet, individual study.

Steussy said that they will try using Sunday instead of Wednesday for the Cram Night hours for the next two quarters.

"It's cool for students to have Cram Night for extra studying," said student Tim Allen.

Steussy is planning to find a new name besides Cram Night. By next quarter, hopefully there will be a new name for finals. If there are any suggestions, contact Steussy at ext. 3256, Westergard at ext. 3135.

Students helping students learn

By Carrie Sukert
Staff Reporter

The Tutoring Center is a great place to receive the help you need to pass your classes.

This program is run by many different people, but the person who oversees everything is Eena Hibbs, assistant director of pre-college studies and academic support.

She helps students get prepared for their classes and gives them support so they can get good grades.

The Tutoring Center has 490 students registered already this year. That is 130 people above last year's count.

"I recommend this to any student because it is free and you are being taught by other students," said Hibbs. "It is also open more hours than a normal tutoring center."

This year, the Tutoring Center has added a drop-in writing program. It provides tutors onhand to help you in writing and you don't need an appointment.

The other change is that they are now tutoring the occupational classes such as the nursing program.

The tutors are students who have been recommended by an instructor for doing very well in their class.

"We encourage instructors to tell students who are doing well in that subject to tutor," said Hibbs.

A small percentage of the tutors are from the community, such as Elmer Reed. Reed decided to become a tutor because he had nothing else to do.

"It is a wonderful program and it gets me out of the house," he said.

When students become tutors they can either do it for pay or for one credit in Education 199.

"It looks great on a resume for a job or a four-year college," Hibbs said.

The feedback from the students has been positive.

In a recent survey done by the tutoring department, most students think this a great program but needs some bugs worked out.

Some of the suggestions were that it needs to be open on the weekends, have later hours, have more tutors in different subjects, and have some tutors in the Library.

A tutored student, Paul Litwicki, suggested bringing ear plugs when you come to study because everyone is talking around you.

"It is a good program and a great study environment, but sometimes it is hard to work with a tutor," Litwicki said.

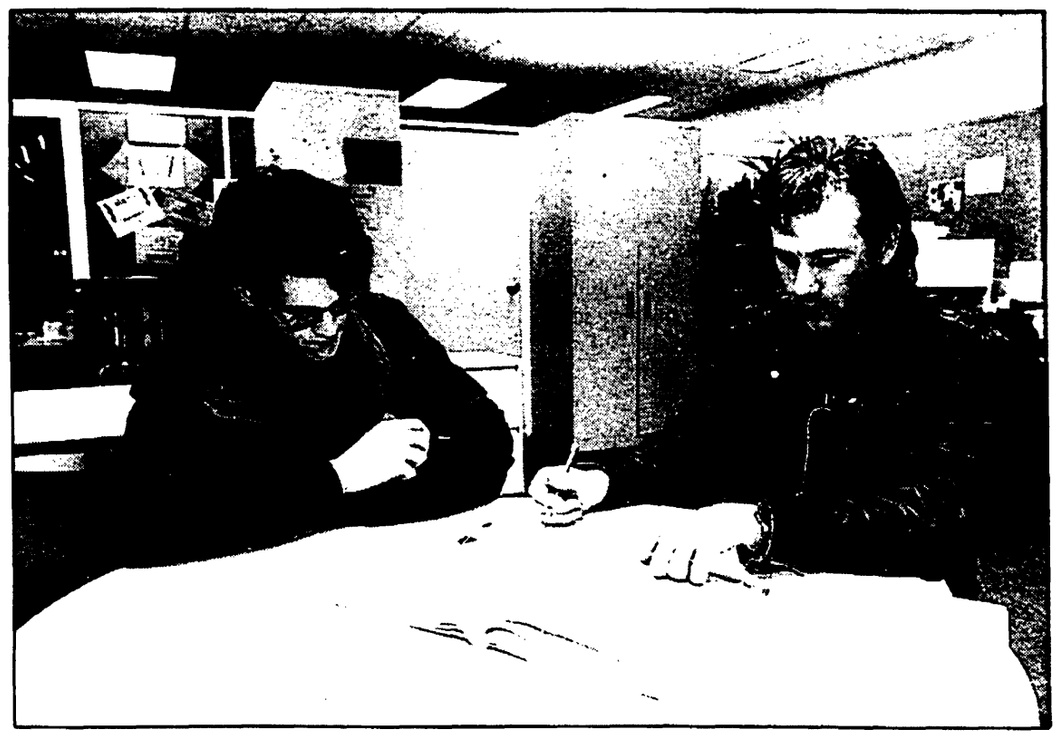

Photo by Bruce Jarrell

Adam Barnum helps Paul Litwicki in the Tutoring Center in Building 19, room 206.

Chiabi travels far to reach Highline

By Scott C. Murray
Staff Reporter

Emmanuel Chiabi, originally from Cameroon, West Africa, teaches American government part-time here at Highline.

Chiabi decided to come to America with his wife and three sons to take advantage of the higher educational benefits that American schools offer, not only for himself, but also for his children.

He feels education in the United States is much better than in West Africa. It is broader, has more options, choices, and is larger in scope, he said.

Chiabi has a doctorate in history, as well as an master's degree in political science. He was a Fulbright Fellow, participating in the exchange program that sends scholars all over the world.

Chiabi has taught American government, African history, and cultural anthropology at universities in the United States and at the University of Yaounde in Cameroon.

He teaches American government because of its universal application.

"I feel America has a lot to offer, and is a model for African countries in building nations," he said.

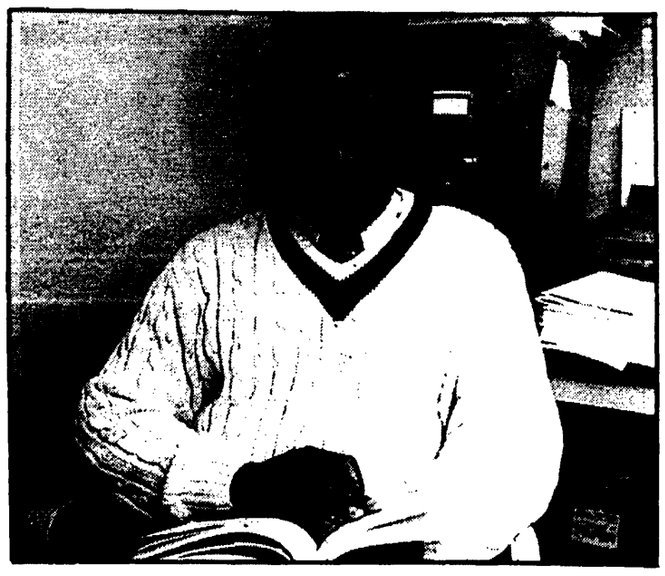

Photo by Bruce Jarrell

Chiabi says American education offers many options.

Chiabi chose Highline because he liked it.

"I heard about the job, looked at the school and saw that it was conducive to learning, and I liked the people, the environment, the diversity, the openness and the college's approach," he said.

He also liked the curriculum Highline offered. Chiabi said he enjoys the mutual sharing, give-and-take with his students.

"I chose to get a degree in political science and in history because I like diversity and how political science is involved in everyday life," he said.

He is also very interested in government and in seeing why people do the things they do, their struggles, as well as the basis of human behavior.

Chiabi has taught in many colleges, but out of all of them he has enjoyed Highline the most.

"This is the most diverse junior college I have ever taught at," Chiabi said.

"I want to improve my learning and teaching skills and learn to get better at teaching. My goal is to help students understand history, government and how the system works."

IMP

continued from page 2

dynamic curriculum. The improvements we come up with will probably be available during Spring Quarter," he said.

Ross also said he would like to offer more evening classes. As of Winter Quarter, only one is available.

Susan Landgraf, Journalism Department coordinator, founded the media program. In the spring of 1996, she wrote the grant application that booted it up.

"I really think this program is in the right place at the right time. Seattle is becoming a huge market for the interactive media field," Landgraf said.

Deborah McDaniel, a second-year student in the program, likes it.

"I think the program is progressing very well. I think the field is so new, it's difficult for a student to understand what is involved," McDaniel said.

McDaniel started an Interactive Media Club this year.

For more information about the club, E-mail McDaniel at: dbmcdaniel@waonline.com.

For more information about the Interactive Media program, brochures are available in Building 11, or contact Terryl Ross at 206-878-3710, ext. 6101.

Men's basketball team suffers early defeat

Photo by Bruce Jarrell

Shaun Madsen, forward, will play a big role off the bench for the T-Birds this season.

By T.M. Wyse
Sports Editor

The Highline men's basketball team suffered their first loss of the season last weekend.

Following a 77-61 win against the Centrailia Trailblazers, the T-Birds lost 83-73 to the Chemeketa Chiefs.

"We try not to get to excited or depressed with one game," Head Coach Joe Callero said.

"The only impact this game has is that it gives us a chance to learn," he said. If we lose three or four games in a row in January, I might be worried."

The T-Birds only lost one game all of last season, to Everett, and that wasn't until mid-season last year.

Injuries to Gabe Ladd and Bryan Guy hampered the T-Birds offensively and more importantly defensively.

"We are not quite in game condition yet and I don't think we are ready for back-to-back games," Callero said.

"We are 10 to 15 points better if Gabe is healthy," former T-Bird center Brian Scalabrine said. Ladd is well known for his quickness on defense.

Against Chemeketa, the T-Birds didn't shoot that poorly (45.5 percent), as opposed to the first game in which they shot 37 percent. However, in the second game, the T-Birds only went to the free-throw line six times, whereas in the first they shot 32 times from the stripe.

Defense was lacking in the second game. Reggie Ball and Quincy Wilder each played over 70 minutes in the two games. With Ladd healthy, these two would have only played around 55 to 60 minutes each.

The T-Birds were first last season in points off of turnovers and turnovers forced. Against Chemeketa, Highline forced 16 turnovers, but they themselves had 19.

Chemeketa had 22 points off turnovers and Highline has 17.

Wilder and Ball combined for 42 points in the first game and 36 in the second.

Starting for the first time, second year forward-center Garrett Miller made immediate impact. Miller scored a combined 20 points in the first two games while shooting 7-13.

More importantly, he also collected 10 boards and 5 blocked shots and still wasn't completely happy.

"My defense sucked. Offensively I was OK, but I got burned a few times on defense," Miller said.

New forward Shaun Madsen was quite impressive. He scored only six points and grabbed four rebounds in the first game. But in the second game he played seven more minutes and was able to manage 10 points and eight rebounds in only his second game as a T-Bird.

Todd Watts, in his second stint with Highline, scored 12 points and six points, respectively in the first two games.

Highline will attempt to bounce back tonite against Centralia in the Pavilion at 7 p.m. On Saturday, December 6, the T-Birds play at Yakima in the Sun Dome at 7 p.m.

Highline has home games on December 11 and 14 against Wenatchee and Walla Walla in the Pavilion at 7 and 8 p.m respectively.

They then host a cross-over tournament from Thursday, Dec. 18, through Saturday Dec. 20.

To finish out the non-league season the T-Birds travel to Mt. Hood for the Mt. Hood Cage Classic from December 27-29.

The T-Birds have the rest of December to find their strengths and weaknesses, but once January rolls around every team will be gunning for them.

The T-Birds' first league game is on Saturday, Jan. 3 at Skagit Valley. Their home opener is on Monday Jan. 5 against Olympic in the Pavilion. All league games are at 8 p.m.

Lady T-Birds lose two, but new look provides great strides

K.M. Petersen
Staff Reporter

The Highline Lady Thunderbirds suffered two defeats over the weekend despite showing signs of tremendous improvement.

On Friday they took on Centralia, keeping in the game until a 10-0 run put them away with five minutes left.

Freshman guard Karen Nadeau led the Lady T-Birds with 18 points and three steals.

Captain Jennifer Tarbet scored 10 points to go with eight rebounds, three assists, and two steals.

Freshman forward Kristi Duggan also scored 10, and 6'4" freshman Valerie Nater had eight rebounds and six blocks.

Despite an increase in size, Highline was outrebounded by Centralia 59 to 40.

"We've got to be a little hungrier on our rebounding," head coach Dale Bolinger said.

Also alarming were Highline's 27 turnovers and miserable 34.9 percent shooting performance.

The next night, the Lady Thunderbirds traveled to Salem, Ore., to take on perennial powerhouse Chemeketa.

Highline stayed with Chemeketa in the first half with a halftime score of 53-49. The Lady T-Birds shot 61.3 percent in the first half and were paced by Nater's three three-point baskets.

Chemeketa shot 60.6 percent in the first half and hit 12 of 15 free throws to maintain their lead.

Much like the previous night, Highline kept within striking distance, down by only nine points with less than seven minutes to go.

Chemeketa proved to be too strong, however, limiting Highline to 31.6 percent shooting in the second half.

In the end, Chemeketa extended their lead and won, 103-87.

Throughout the second half, freshman Sara Burt proved to be Chemeketa's most potent weapon. She scored 20 of her 28 points and pulled down all eight of her rebounds during the final 20 minutes.

Chemeketa freshman Tirzah Howard benefitted from 14 free throw chances, scoring 19 points.

Nadeau continued playing well for Highline. She paced the team with 17 points, seven assists, and three steals.

Sophomore Angie Strode came off the bench to get a double-double, scoring 10 points and hauling in 10 rebounds in only 18 minutes.

Freshman Amie Johnson rebounded from a lackluster first game, scoring 14 points on 5-6 shooting.

In a balanced scoring attack, the Lady T-Birds had five players score in double figures, including Nater, with 11, and freshman point guard Kelly O'Zey, who had 10.

Despite the losses, optimism continues for the improved Highline program.

"We have an awesome team," freshman starter Nadeau said.

Nadeau was encouraged by how close the squad played with Chemeketa. "They have a really good program...they always win championships, and we held our own," she said.

She looks forward to a rematch. "They come back here on December 13, and I'm really excited."

"Everybody had some good things happen...we've just got to eliminate all the little failings which create losses and keep getting smoother offensively and defensively, and we'll be competitive," Bolinger said.

The next game for the Lady Thunderbirds is at home versus Lane on Saturday, Dec. 6 at 6 p.m.

Photo by Bruce Jarrell

Karen Nadeau stifles Tracy Wilcoxen with her defense.

T-Birds show early season progress

By Brian Scalabrine
Staff Reporter

The Highline T-Bird wrestling team traveled to the 5th annual Invitational Team Tournament at Lassen College in California and won one out of three matches.

They had to make the trip without sophmore leader Nelson Crisanto, who was out with a knee injury. Crisanto a 126-pounder, will have surgery on his left knee and will be out at lease one month.

"I'll be back," Crisanto said.

The T-Birds could have used Crisanto on Friday Nov. 28, when they had three matches against three very good teams.

One of those teams was defending national champion Lassen College. Highline came away with three wins, two by pins. John Rosevear at 134 pounds pinned Johnny Hurtato in the second round and Jason Olson at 275 beat John Bell in the third.

Trevor Howard at 190 also won a decision over Dupree Lacey by a score of 6-4. The final team score was Lassen 35 Highline 15.

In their second dual the T-Birds wrestled Southwestern Oregon Community College. They won four of the 10 matches but lost overall, 25-17.

Winners for the T-Birds were Aaron Hall at 118, 6-4 in overtime; John Rosevear at 134, who won his second match of the day again by pin over Phillip Lopez; Adam Catterlin at 167, by pin over Ryan Schumann; and Kendall Anderson at 177, with a 13-6 decision over Cris Stahl.

In their final match of the day, the T-Birds beat Clackamas 28-16.

Scoring wins for the T-Birds were Adem Catterlin at 167, 14-4 over Dan Kinney, and Jason Olson at 275 by injury default over Leo Sandoval.

The second day of competition was an open tournament. Highline's Trever Howard took the individual championship at 190 pounds. He won by beating wrestlers from Western Wyoming 2-0, Southwestern Oregon 7-6, and Lassen College 3-1.

Also placing in the tournament was Aaron Hall, who finished third at 118. He defeated opponents from Pheonix, Ariz. 11-6, Western Wyoming 9-7 in overtime and had his only loss of the day coming at the hands of Lassen College 9-2.

The T-Birds' next match is the Northwest Duals Invitational on December 13 in Des Moines. Then on December 30 they travel to Portland for the Oregon Classic Invitational.

Softball team keeps busy during offseason

Trip to Arizona heads up priority list

By Jennifer Francis
Staff Reporter

"We were using fall ball as a time to get used to how everyone plays, we still have a little ways to go , but I think we will do well."

--Cara Hoyt, head coach

The Lady Thunderbirds softball team is pumping up and working hard, getting ready for the up and coming season which begins on March 17.

The women's softball team participated in a fall season. They were supposed to play in four different tournaments, but because of our wonderful Seattle weather two of the tourneys were rained out. The team came out of the two tournaments they did participate in with seven wins and three losses.

The softball team is in a rebuilding year. They only have two returners this season, Nicole Elder and Jessica Bruce.

The team felt they played well in fall ball. "We were using fall ball as a time to get used to how everyone plays, we still have a litlle ways to go but I think we will do well," said freshman pitcher/third baseman Heather Saw.

Because of NWAACC rules, the team cannot be coached by Head Coach Cara Hoyt or any of her assistants from Nov. 1 to Jan. 31. "We take this time to work out and get into shape for the real season," said Hoyt.

Mondays, Tuesdays, and Thursdays they work out. Monday they concentrate on fitness exercises and weight lifting, and Tuesdays and Thursdays they focus on fitness, weights, and then also add sprints.

"I know it is tough on the girls so I try and lighten things up every once in a while, so on occasion we will play flag football, (which sometimes turns into tackle), and we also go into the pool and play water polo for conditioning," Hoyt said.

"Most of us like the conditioning, but sometimes we find it hard, mainly because it is very time consuming because all of us have school and most of us have work too," said Nicole Elder. "I don't really feel it is necessary for us to work out all three days considering we have such a long time between fall ball and the regular season."

"I wish we could work out on Wednesday and Friday, but we obviously can't because of everyone's work and school," said freshman Erin Arnott.

Conditioning is not the only thing the softball team is working on. The team is trying to raise money to go to a tournament in Arizona. This will be the only tournament that will be held out of state, the team will have to raise $5,000 for their players packets, which includes warm-ups, cleats, etc. and going to Arizona.

"The girls are working hard with fundraising," Hoyt said. "We had a newsletter we sold to friends and families that told about the players and team in general, and will be sent out throughout the season, we raised $1,500 off of that. We are also holding softball clinics for younger girls, and are selling signs to go up on the outfield fence on the softball field and are selling coupon books."

"Despite our procrastination, I believe we will raise the money to go to Arizona. We are all really excited to go, so I think even if it is down to the wire, we will come up with the money," said Saw.

Even though the team is almost all new and not used to each other, they seam to play really well together. "We all really get along well, so I think we will stick together and play strong," said Elder. " I think we might struggle with pitchers, since we only have two, but we will still do good."

The team started out with three pitchers and after fall ball lost freshman pitcher, Melissa Stelzner, because of personal reasons. "We are bringing in three more people in January and I think they will really contribute to the team and add depth," said Hoyt.

"We had a good fall ball season and saw the potential we had and learned how each other plays, I think we are going to have a very strong season, " said Hoyt.

Rose Bowl win for WSU? Yeah Right!!

By Michael Stampalia
Staff Reporter

The Washington State University Cougars are in the Rose Bowl.

Hell has frozen over!

On January 1, 1998 the Cougars will take on no.1 ranked and undefeated Michigan in the most important football game in school history.

The importance of this game is magnified by the fact that this is the last year that the Rose Bowl will give an automatic berth to the Big Ten and Pacific Ten conference champions.

Next year the Rose Bowl will join the Bowl Alliance which brings together the top teams for a true national title game and big bucks for everyone involved.

Washington State University is also raking in the big bucks, the hottest gift item this Christmas for the family sports fan is anything with Cougars and Rose Bowl on it.

As of last weekend Cougar related paraphenelia was harder to find than Tickle-Me-Elmo a year ago.

Hey, that's a good idea a Tickle-Me-Cougar, I'd name mine Ryan Leaf, after the cocky cougar quarterback, and jump up and down on it's head. "Tickle this you arrogant freak!"

Can you believe my therapist says I have an anger management problem?

Am I the only one who was disgusted by how giddy the Cougs were when they finally beat the Huskies?

Casual Cougar fans have come out of the closet faster than Lesbians on Ellen (Did they cancel that show yet?). Even die-hard Husky fans are coming out in support of the hated Cougs.

Heaven forbid if they should win the Rose Bowl and Nebraska should lose on of its final two games. The Cougars would likely gain a share of the national title, my gosh they would probably burn Eastern Washington to the ground celebrating that victory (Kinda reminds me of those Super Bowl parties we used to have in San Francisco).

The Governor won't need to call in the National Guard because after all these are the Cougs and after this Rose Bowl the entire nation will be acquainted with the term to 'Coug it', which every husky fan knows means to let victory slip through your grasp when everything goes your way.

Heisman hopeful Charles Woodson and the Michigan Wolverines will stick it to the Cougars, final score Wolverines 38, Cougars 21.

Scoreboard

MEN'S BASKETBALL
November 28
Highline 77, Centralia 61
N. Seattle 88, SPS 76
Spokane 74, W.Baptist 62

GRYS HARBOR TOURNEY
Olympic 95, Peninsula 75
Grys Harbor 119, Concordia 70

SKAGIT VALLEY TOURNEY
Tacoma 92, Mt Hood 87
Skagit Valley 101, C. Bible 47

L. COLUMBIA TOURNEY
Yak. Valley 92, Clckmas 72
Everett 87, Linfield JC 57
L. Columbia 91, Portland 85

SW OREGON TOURNEY
Lane 79, Willamette 57

TREASURE VLLY TOURN
E. Utah 88, Blue Mt. 84

November 29
Chemeketa 83, Highline 73
Pierce 87, Whatcom 80
Spokane 77, W. Baptist 65

GRYS HARBOR TOURNY
Peninsula 88, Concordia 81
Olympic 108, Grs Harbor 97

SKAGIT VALLEY TOURNY
Mt. Hood 115, Col. Bible 61
Skagit Valley 70, Tacoma 66

L. COLUMBIA TOURNEY
Clackamas 86, Clark 82
Portland 92, Linfield JV 84
Yak. Valley 77, Edmonds 74
L. Columbia 86, Everett 83

SW OREGON TOURNEY
NW Christian 80, Lane 78 OT

TREASURE VAL. TOURNY
Treas. Valley 85, Bl Mt. 80

November 30
L. COLUMBIA TOURNEY
Portland 92, Edmonds 84
Everett 89, Clackamas 86
L. Columbia 83, Y. Valley 75

Does choir need dollars, or more voices?

The music department has requested about $3,500 in funding for two accompanists, and has not yet received an approval.

Victoria Kincaid-Therault, one of Highline's music instructors, went to the S&A Budget

Arts and Croft

By Christi Croft

Committee to ask for the funding for the accompanists, but got turned down.

"The S&A Budget Committee is designed to fund student activities rather than fund instruction,but we do think that it is important for the music department to get proper funding," said Mike Armstrong, S&A budget committee member and a Highline business instructor.

"We have been taking a closer look at our budget, and we have made changes on what we will pay for," said Armstrong.

"I feel there has been a horrific change in the way funding has been set for the arts and music department," said Dr. Sydney Stegall, music and communications professor.

"We would like to open some dancing classes, or even go as far as bagpipe lessons. It's really up to the students to decide what they want. This department is for everyone," said Stegall.

"I am hoping to have this resolved by the end of the quarter.

Being in Highline's choir last fall quarter gave me a chance to actually see what the department had to offer.

Coming from a 50-person concert choir, and having four years of vocal experience under my belt (not saying I was the best singer), I was ready to take this class pretty darn seriously.

I walked in, sat down, and waited for the rush to come in. Only 10-15 students followed. Can we say disappointment?

As the quarter went on people dropped out (or never came to class), but we kept on singin' away, flat on Mondays, right on key the other days.

The choir ended up only doing one public concert, and we sounded pretty decent. A good portion of people showed up.

In all, it was a good time, but sad as well. Sad because I actually thought maybe the choir didn't have as much funding as it deserved. Maybe if we did have an accompanist, we would have put on more performances, or more people would show up.

Could more funding be the the true answer, or could it be just more student involvement?

Pottery instructor fires interest in vocal recital

By Scott C. Murray
Staff Reporter

Thom E. Lee, a pottery instructor at Highline, will give a voice recital Sunday, Dec. 7, at 8 p.m., in Building 7. Admission is free.

The event is sponsored by the departments of Music, Art, Drama and Jewelry.

This is Lee's first quarter teaching at Highline. He has a master's degree in ceramics and has also studied classical voice for the last dozen years.

Lee, a lyric baritone, will be accompanied by pianist, Kevin Aanerud.

The recital entitled "As the Fire Fell to Ashes," will feature 20th century art songs by Vaughan Williams, Barber, Argento, and Hundley.

They will be given in English, and there will be no Christmas songs at the voice recital.

Lee said he enjoys 20th century because it is very late and romantic in style.

"Some people listen to Beethoven and Mozart, and ignore the composers of the late 20th century," Lee said.

"My voice and temperament are more appropriate for singing art songs, rather than opera. Voice is something that has always been important to me," Lee said.

Photo by Mike Stampalia

Thom Lee practices vocal and ceramic arts.

Lee said he is much more interested in working with art songs rather than opera.

"Opera is to drama, what art song is to poetry, I came to music out of a love for poetry," Lee said.

NOTORIOUS NORDAL

By William Randall
Staff Reporter

Highline music professor Marius Nordal's magical fingers dance across the keyboard in his new jazz CD, "Notoriety."

Nordal has been teaching at Highline since 1973. He is currently teaching Jazz History, Electric Music, and Piano. Triad Studios in Redmond recorded Nordal's new CD.

Nordal's improvised music, with Doug Miller on bass and John Bishop on the drums, was recorded in just two days.

This CD starts with a dazzling original song "Notoriety," which is a blues tune, originally written as a big band arrangement for Rufus Reid.

Nordal then follows up with a solo from Hoagy Carmichael's, "Up a Lazy River."

The classic favorite "Over the Rainbow," is also featured on the CD.

This popular song begins with a free-style fantasy introduction based on the familiar two-note pattern of the bridge.

The piece is also followed by an unusual rendition of the melody using dark and moody harmonies.

Photo by Bruce Jarrell

HIGHLINE INSTRUCTOR HOPES NEW CD EARNS HIM SOME 'NOTORIETY'

Another traditional song, "Billy Boy," gets a very untraditional treatment by the trio.

This 7/4 version was originally published as a big band arrangement, and was frequently used as an encore tune at concerts.

"The sound is so good that it sounds like live music, and little reberveration, echo, or processing is added in the CD," Nordal said.

Marius Nordal started playing piano at the young age of eight.

After four years of playing the piano, he decided to quit. It wasn't until he became a teenager that he started playing the piano again.

As his career started to unfold, he worked as an arranger-composer in big band jazz during the '70s in Dallas, Texas.

Nordal then aimed his career toward education, and he began teaching orchestration composition at North Texas State University.

Nordal is halfway through his second CD, and plans to do more projects in the future. Despite recording being a great opportunity, Nordal plans to stay at Highline for a long time.

Nordal said Seattle is an up and coming city with great opportunities for music.

"Seattle is a center of the universe musically—you don't have to go to New York or Chicago to be in the middle of things," Nordal said.

Music instructor leads Rainier Symphony

By Menna Tesfatsion
Staff Reporter

When Paul Mori waves his wand, magic happens.

Mori, a Highline music instructor, moonlights as the conductor of the Rainier Symphony.

He flew out from Baltimore, Md., and withstood a lengthy audition process to be named conductor in June 1996.

He studied music at the Peabody Conservatory of Music, where he received his master's and doctorate degrees.

His small yet confident stature stands tall when he speaks of music. His whole being seems to come alive: his eyes, arms, and small hands were synchronized as he spoke of his passion.

Mori teaches here five days out of the week, conducts two evenings out of the week, and performs occasional weekends. He has also recently been named the interim conductor of the Bainbridge Orchestra.

He previously had an orchestra in Baltimore.

"I wanted to move west," said Mori. "I love how ethnically diverse Seattle is, but I don't like the traffic."

Being a conductor is a lot more work than just standing in front of an orchestra and waving a wand.

"People think it's just conducting," said Mori. "It's interpreting art, much like an actor. Any person can read the words of Shakespeare, but when a Shakespearean actor reads them they come to life. It's just the same with music, you have to make it come to life."

Aside from bringing the music to life, Mori has to know the piece of music better than everybody. That means studying it and knowing when each note plays its part, emphasizing the important parts, and making the audience feel what the composer was feeling.

Mori said he is happy here. "Seattle is a great town to do music," he said.

Horrorscope

By Red Dawn

IF TODAY IS YOUR BIRTHDAY: It's still only 21 shopping days till Christmas!.

Sagittarius 11/23-12/21 — Large fierce creatures invade your home planet, demanding tribute in the name of their leader. You decide to bake.

Capricorn 12/22-1/20 — Business venture shows promise just before heading way south. Try to pick up the pieces and see if they fit anything else.

Aquarius 1/21-2/19 — Trusted adviser continues to badger you to sell, sell, sell! Help is on the way, so try to take him seriously this time.

Pisces 2/20-3/20 — Time to realize the holiday spirit with that special someone, bestowing the gift that only you can share.

Aries 3/21-4/20 — Your grand adventure is playing itself out nicely. As your rewards and responsibilities continue to grow in the next few months, savor the sweet memories, but get your work done, eh?

Taurus 4/21-5/21 — You're feeling increasingly arty and creative in the next few months, and that sense of terror that's been hanging around your head gradually becomes old news.

Jim'n'I (The Twins) 5/22-6/21 — We'll be playing the art-deco version of "Movin' to Montana," now through Jan. 17 at Wild Wally's Cajun Creole Catfish Country Club in Cle Elum. Dash for Donuts every Thursday!

Cancer 6/22-7/23 — You're about to begin a great adventure, supported by dozens of friends and admirers. Be brave, l'il buckaroo!

Leo 7/24-8/23 — Leo says Bowling for Budgies is back, and the lanes are waxed and ready to roll. Free tuna with every game over 200!

Virgo 8/24-9/23 — Sometimes you have to say yes, and sometimes you have to say no, and sometimes you just have to say maybe. I think that about covers it.

Libra 9/24-10/23 — The fish begin to reappear where you least expect them. Don't give into their demands; stall them as long as you can.

Scorpio 10/24-11/22 — Your time in the sun is fading fast. As a former has-been, you won't be called upon to reminisce about your days of glory. So don't.

And the winner is...

Art show results unveiled

By Christi Croft
Arts Editor

All of the 177 ballots from the Really Big Art Show have been counted, and the results are finally in.

You, the student body were in charge of judging all of the artwork displayed. Out of the 80 pieces of art entered, it finally came down to 12 lucky winners.

In the Drawing/Painting category, first place went to "A Genius," created by Cheong-ah Hwang. Second place was given to Eric Tucker, "Trapped Spirit." And finally, Claire Hebert's work, "Experienced," received third place honors.

The photography category held a three-way tie for first place. Ally Hood's pictures, "On the bench," and "Ethan Michael," were two of those three tied for first, and the other went to "One Happy Day," by Yumi Okuwaki.

Amy Neely's, "Monster Pot," was named first place in the sculpture/pottery category. Neely also happily accepted second place with her work, "Spiral Raku." Following for third place was Kristen Olds, "Tea Bowl."

The last category featured at the Really Big Art Show was jewelry. Darcy Rutter grabbed and second with her two untitled pieces. Beth Szyperski came in third with her jewelry piece named, "Free Form."

Not only do the winners of the Really Big Art Show get to brag about their outstanding accomplishments, but they also get some money to spoil themselves.

First place winners get a cash prize of $40, second place winners received $20, and third place contestants received $10.

"The art show was amazing," said Rachel Thorne, Team Highline.

Photo by Bruce Jarrell
"Experienced," by Claire Hebert took third place.

Get out of the house

The Group Theater presents "Voices of Christmas," Now through Dec. 27. Come celebrate vocal gospel at its finest. For ticket prices and information, call The Group Theater Box Office at 206-441-1299.

Team Highline presents "Tickle Tune Typhoon Returns" Friday, Dec. 12. Enjoy educational songs and dancing characters in elaborate costumes. First show is at 11a.m., second show at 1 p.m. Tickets will be sold in the Student Programs Office, Building 8, starting Nov. 24. Admission is $4 per person.

The Highline Choir and Jazz Ensemble proudly present the performance of their Winter Concert and Vocal Recital. Both of the concerts will be held in Building 7 at 7:30 p.m. The choir will hold their winter concert on Dec. 4, the Jazz Emsemble will perform on Dec. 5. Admission is free!

Enchanted Village in Federal Way, will be hosting its annual "Holiday with Lights," Dec. 5 through Dec.11, 6-9 p.m., and Dec. 12 through Jan. 3, 6-10 p.m. This event will feature the main man himself, Santa Claus, plus caroling, stage showsand much more activities for the whole family. To purchase tickets or for more information contact the Student Programs Office at 878-3710 ext. 3536.

The Highline Library proudly features "Earth, Sky, Water, Trees, Mountains!" The exhibit features landscape in oil by Claudia Nix. The exhibit will be on display in the 4th floor gallery of the Library now until Dec. 12.

Argosy Cruises presents the Argosy Christmas Ship departing from Leschi on Friday, Dec. 12 at 6 p.m. For ticket information call ext. 3540, or stop by Entry Services in Building 6.

Dear Gabby

Dear Gabby: What should I get you for Christmas?—**Merry Kerry**

Dear Kerry: People often ask the Gabmeister how they can reward me for my wonderful and beneficent goodness. I think a humble statue, or a simple shrine will be sufficient for now.

Dear Shabby: I want to capture that casual, cool look you're so famous for. What can I do?—**Ugly Duckling**

Dear Duck: To capture the look you must maintain a strict beauty regime. First, stop bathing all together: It's the myth of bathing that keeps everyone from being as beautiful as me. Next, you must wear a large amount of perfume to cover the stench that will begin to waft from you. The final step is immerse yourself in liquid nitrogen to seal in that cool. Look out world, here you come.

Dear Flabby: I'm losing my girlish figure, and my mannish one too. How can I get those studly buns and guns, those rippling abs for which are you so famous? — **Walter Weakling.**

Dear Walt: Get in touch with your inner self. Release the full magnetism of your animal power, conquer new heights, unleash your full potential and seize the moment du jour! Also, diet and exercise would help.

Dear Gabby: How can I get a girlfriend? — **Pathetic Pauly.**

Dear Pauly: Quit being such a loser! Take a chance! If someone shows an interest in you, buckle up your courage and say "Right on!" If it's a disaster, you don't have to go for seconds.

If you have a question for the Gabby-meister, send it to "Dear Gabby," Thunderword office, 10-106.

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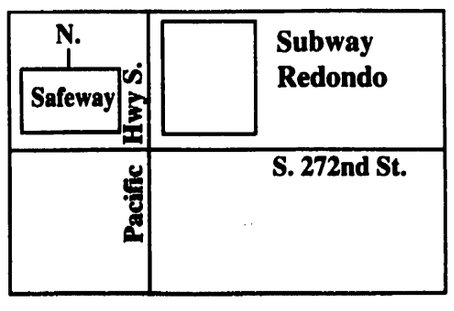

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Part-Time

continued from page 1

a base's for a full-time teaching load year round; and it needs to reallocate the budget to support more full-time faculty.

Last year, the state legislature ordered community colleges to convert more part-time faculty to full-time, but did not provide the funds for the conversion, said Bermingham.

The college is planning to make some conversions this coming fall by internally reallocating it's budget, he said.

Part-time instructors usually teach only one or two courses at Highline, and some teach part-time at other community colleges or have a second job to make ends meet. These instructors often drive onto campus, teach their class and then head back to their cars.

Part-time faculty at Highline earn about 51 percent of what full-timers earn teaching the same credit load. According to the faculty salary schedules for Highline, a part-time instructor, teaching 15 credits, makes anywhere from $17,290 to $22,683

a year. Whereas a full-time instructor earns about $39,360 a year for the same credit load.

"About two-thirds of my time is donated," said Gary Dewitz, who teaches Administration of Justice. He added that part timers should be paid more in terms of benefits as well.

Most part-time teachers are not in it for the money. They know the pay scale before they go into it, Reanier said. Many of the part-time faculty are trying to either get a full-time teaching position or put together a side career. Others, like Reanier, just love to teach.

"I'm not teaching for the money," Reanier said.

"About two-thirds of my time is donated... Students are better off with faculty who are a part of the program."
--Gary Dewitz

"A problem for part timers is that they don't have a guaranteed job," said Lorain Stowe, faculty representative for the Highline College Educations Association, the teachers' union. For this reason it is hard for the union to help part-time faculty, she said.

Some students say that part-time faculty add to the community college experience, while others say they have had both bad and good part-time instructors.

"Because part-time teachers don't teach full time they have other outside experiences that bring in interesting stories relevant to what we are learning in class," student Jessica Feil said.

"I've experienced part-time instructors that are good and some that are not so good," student John Simonson said.

Dodd and Dewitz agree that a certain number of part-time instructors are very healthy, allowing programs to bring in specialists. However, they find it unfortunate to the college environment that part-time teachers receive very little incentive to go above and beyond their given job requirements when many have so much to add.

"Students are better off with faculty who are a part of the program," Dewitz said.

Despite the fact that many Highline students are largely unaware of the large number of part-time faculty on campus, some 57 percent are concerned about the quality of education they are receiving at Highline.

Midway

continued from page 1

quarter. If a shuttle cannot be acquired through the state school system, one would have to be purchased.

The shuttle would run between 8 and 12 a.m. Monday-Friday during the fall, winter and spring quarters, a covered waiting area could also be constructed at the Midway theatre.

The Shuttle's route would have two stops on campus taking it from Midway to the East parking lot stopping in front of Building 6 with the last stop in the South parking lot near the Metro bus stop.

The proposal was presented to the Associated Council on Nov. 24 where it was decided to take it to a committee.

The Associated Council, made up of heads of clubs and student government, is in the process of forming that committee to look at the proposal.

Students interested in joining the committee should contact student government at ext. 3215.

Computer

continued from page 1

the lab, but he thinks most students who own their own computers would choose to use them, even given the freedom to use the lab.

Davis said he was tired of paying so much for fees and wanted to improve the college.

"I got sick of getting jacked. It's definately something that will benefit the school."

He argues that if you take even one computer class a year at $24.50, you will still save money by paying $15 to $20 a year, depending on the number of quarters taken at Highline.

If his proposal passed, he claims, (using 1996 fiscal school year) the money collected through the $5 will boost the overall funding for the Computer Center.

"As little as $5 per quarter, per student could cover all maintenance and staffing costs of the Computer Center," the proposal said.

He also states that his proposal would generate $30,000 to $50,000 in excess funds a year, on top of covering all Computer Center costs.

A committee was formed to study Davis's idea at the Nov. 24 meeting of the Associated Students of Highline Community College. The committee includes Davis, Gerhardt and Student Government President Nelson Crisanto.

Gerhardt said the committee is open to all students. He said it may take anywhere from three months to a year to have this proposal ready to present to the Board of Trustees. The Board will make the final decision.

"He did a lot of reasearch. I really like it," Gerhardt said.

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